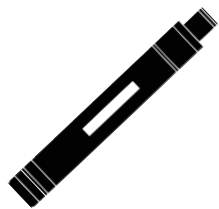


WHAT'S IN MY VAPE JUICE?

In 2019-2020, VCU researchers received 149 vapes that had been confiscated by Central Virginia public school staff.



Common vapes found included:

- 56 NJOY vapes
- 25 JUUL vapes
- 16 disposable vapes



Vapes came from:

- 80 high schoolers
- 32 middle schoolers
- 47 students (no grade info given)

They did chemical tests and found that e-liquid or vape juice contains more than just nicotine.

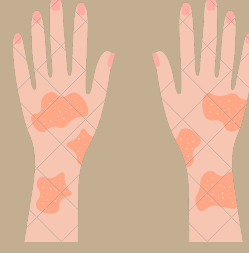
LACTIC ACID



The substance your **muscles produce** after intense exercise.

BENZOIC ACID

A food preservative and anti-fungal that may cause **rash and itching**.



GLYCERIN



A preservative used to help food and **cough medicine** keep moisture.

These products may have other uses, but we don't know how inhaling them may hurt your lungs.

Thinking about quitting smoking, vaping, or other tobacco products? You have options!



CALL OR TEXT

Text DITCHVAPE to 88709 to try **This is Quitting** or Text QUIT to 47848 to try **smokefreeteen**



CHECK OUT WEBSITES

Check out websites for more info:
teen.smokefree.gov, **QuitNowVirginia.org**
or **LiveVapeFreeVA.org**



TALK TO YOUR DOCTOR

Visit your healthcare provider to discuss **medications** that may help you quit



SEEK SUPPORT

Seek counseling or a quitting program, such as the **We CAN Quit program** at the Massey Cancer Center

To view a comprehensive list of quitting resources, scan the QR code or check out:
<https://bit.ly/rvaccessation>

