

HELP IS AVAILABLE

If you or someone you love wants to quit nicotine, there are many resources to quit.

Call 1-800-QUIT-NOW (1-800-784-8669)

Text QUIT to 47848

DON'T START. QUIT TODAY!!!

TOBACCO, NICOTINE AND VAPING

BAD FOR YOUR TEETH

Yellow teeth are a notorious effect of tobacco. People who use tend to develop gum disease, persistent bad breath, & other oral hygiene problems.

With vaping, your teeth will turn yellow because of the bacteria from vaping liquids.

NICOTINE WITHDRAWAL

When you quit nicotine, withdrawal symptoms may include being:

- Irritated, grouchy, or upset
- Jumpy and restless
- Hungrier
- Anxious, sad, or depressed

Never start and you never have to quit

TOBACCO, NICOTINE AND VAPING HARMES YOUR SKIN

Smoking and vaping both damage your skin. Sagging, dry skin and deeper wrinkles make smokers

look older

Using nicotine is a bad look

HOW DO PEOPLE CONSUME NICOTINE?

Primary Methods:

- VAPING**
Disposables, Pod Vapes, Box Mods
- SMOKED TOBACCO**
Cigars & Cigarettes
- SMOKELESS TOBACCO**
Snuff, Snus & Chewing Tobacco

LONG-TERM EFFECTS

It's no secret. Smoking or vaping can increase your chance of getting:

- Cancer
- Heart disease
- Lung diseases
- Stroke
- Diabetes
- Emphysema
- Chronic bronchitis

Nicotine: Bad in the short term. Bad in the long term.

WHY IS NICOTINE SO ADDICTIVE?

Nicotine stimulates the release of chemicals such as

dopamine

which "teaches" the brain to want the drug again so that it can get the chemicals.

SHORT-TERM EFFECTS

In the short term, smoking or vaping can lead to:

- Coughing
- Shortness of breath
- Eye irritation
- Headaches
- Nausea
- Dry and irritated mouth and throat