

FEELING OUT OF CONTROL VAPING?

Vaping nicotine can make you worry more, feel nervous, and make your heart beat faster.

Nicotine is highly addictive.

This is how the tobacco industry keeps you hooked.

QUIT VAPING TODAY!

Sign up for texts at DropTheVape.org

The NYS Quitline offers free, confidential support and advice to help young people quit nicotine



**Department
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FEELING ALONE VAPING?

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VAPING WHEN YOU FEEL ANXIOUS?

HELP

List the reasons why
you want to quit vaping.

TIPS

Just think of quitting for today
and take it day by day.

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READY TO BREAK FREE FROM NICOTINE?

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DROP YOUR ADDICTION TO VAPING

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VAPING NICOTINE



Headaches

Shortness of breath

Rapid heartbeat

Panic attacks

Irritability, mood swings, and anxiety

Relationship issues

Learning difficulties

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LUNGS BURNING?

OUT OF BREATH?

TROUBLE FOCUSING?

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