

Name: _____ Date: _____

General Risks of E-cigarettes

E-cigarettes are not a safe alternative to smoking cigarettes. Even using e-cigarettes as a way to quit smoking is risky because e-cigarettes:

- Still contain nicotine
- Contain cancer-causing chemicals
- Contain chemicals that damage lungs
- Can explode, causing serious injury
- Are harmful to a baby's development during pregnancy

 I commit to quit vaping by this date:



What do you want to gain when you give up e-cigarettes (check all that apply)?

Have a healthier pregnancy

Have a healthier body

Reduce your risk for cancer

Protect your teeth and mouth

Be a healthy role model for your children

Save money

Other: _____



What else can you gain when you quit using e-cigarettes?

Vaping



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.