

IS IT TIME TO DROP THE VAPE?



Did you know that vaping does not ease stress and anxiety but can actually cause it? It can have negative consequences on your future, causing brain fog, dependency, and poor athletic performance. Vaping is addictive and hard to quit.



Visit vapesdown.yesquit.org to get help with:

- ▶ Your first day without vaping
- ▶ Dealing with vape cravings
- ▶ Understanding your vaping triggers
- ▶ Vaping addiction and nicotine withdrawal

ARE YOU ADDICTED?

If you answer yes to one or more questions, there is a good chance you are addicted to vaping.

Do you continue to vape even though you want to stop or think it's hurting you in some way? ☐ Yes ☐ No

Do you feel anxious or irritable when you want to use your vape but can't? ☐ Yes ☐ No

Do thoughts about vaping interrupt you when you're focused on other activities? ☐ Yes ☐ No

Do you still vape after getting in trouble with your parents or at school for vaping? ☐ Yes ☐ No

Have you ever tried to stop vaping but couldn't? ☐ Yes ☐ No

Do you feel like you have lost control over your vaping? ☐ Yes ☐ No

Do you hide your vaping from others? ☐ Yes ☐ No



Texas Department of State
Health Services