

Know Why You're Quitting

There are many good reasons to stop vaping. Do you want to feel healthier? Save money? Knowing why you want to quit vaping can help you stay motivated and focused on your goal to become vape-free.



Quit Tobacco Completely

If you smoke cigarettes or use other tobacco products, now is a good time to quit those too. Becoming completely tobacco-free is the best thing you can do for your health.

SWITCH IT UP

Avoid reminders of vaping by changing your routine. Small changes—like taking a different route to school—can help.

dshs.texas.gov/vaping

Vape Juice Ingredients:

There are many chemicals in vape liquid. The most recognizable ones are lead, cyanide, formaldehyde, and acetone.

- Acetone is in nail polish remover.
- Formaldehyde is used to preserve dead bodies.
- Benzene is found in car exhaust, pesticides and gasoline.
- Heavy metals, such as nickel, tin, and lead.
- Isoprene is used to make synthetic rubber.
- Diethylene Glycol is a chemical used in antifreeze.
- Acetaldehyde is a poisonous solvent and paint stripper.
- Cadmium is a heavy metal used in car batteries.
- Acetone is a nail polish remover and paint thinner.
- Formaldehyde is used to preserve dead bodies and frogs (in biology lab).
- Flavoring may be added to disguise chemicals.

Vape companies are not being transparent with you. Even they don't know the impact of vaping. Their priority is making money.

- The vaping industry doesn't know the consequences of vaping yet – you are essentially a test subject for the industry.
- The industry's goal is to make money; it could be at the cost of your health.



**VAPES ARE EASY TO
PICK UP AND HARD TO
PUT DOWN.
DON'T MISS OUT
ON LIFE.**

**Nicotine addiction can make you
feel like you can't go a minute
without vaping. Quitting can
help you feel more in control of
your life.**

**VAPES
DOWN**



TEXAS
Health and Human
Services

Texas Department of State
Health Services

How to Quit Vaping

Quitting vaping can be easier when you prepare in advance and have a plan. Follow these steps and get ready to quit vaping.

You are especially sensitive to nicotine's addictive effects because your brain is still developing. This makes it easier to get hooked. Using nicotine at a young age can also rewire brains to become more easily addicted to other drugs.

**COMMIT
TO QUIT
VAPING**



TEXT VAPEFREE TO 873373 TO ENROLL TODAY!

Use Tools to Help You Quit

Quitting tobacco is easier when you have support.

LIVE VAPE FREE is a confidential, interactive texting service that will guide you through your quit journey. If you need more support or advice, you can also connect with a quit coach over text.

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Build Your Team

Surrounding yourself with supportive people can make it easier to quit vaping. Friends, family, co-workers, and others can be there to listen, boost your mood, and distract you from thinking about vaping.

Ask for Help. You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping and that you will need their support. Be specific about what kind of support you need.

Say thank you. Tell your friends and family that you appreciate them.

Support others. Check in with your friends and ask them what you can do to help them.



Set Your Quit Date

The first step to giving up vaping is to choose a date to quit. **Here are some tips:**

- Give yourself time to get ready. Getting ready can help you feel confident and give you the skills you need to stay quit.
- Don't put it off for too long. Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- Set yourself up for success. Try not to pick a quit date that will be stressful, like the day before a big test.



KNOW WHAT CHALLENGES TO EXPECT

Learn your triggers. Certain people, feelings, or situations can cause you to want to vape. Try to avoid situations that can trigger you to vape when you're in the early stages of quitting.