

# MYTHS VS REALITIES OF VAPES

**MYTH** Vapes aren't addictive.

**REALITY** Nicotine, found in most vape products, is a highly addictive drug.

**MYTH** Vapes produce a harmless water vapor.

**REALITY** Most vape aerosol contains nicotine, toxic chemicals, and small particles that damage your lungs.

**MYTH** Vapes are safer than cigarettes.

**REALITY** There is no such thing as a safe tobacco product. Vaping can cause nicotine addiction, mood disorders and learning problems.

Source: <https://e-cigarettes.surgeongeneral.gov>

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