

Electronic Cigarettes & Quitting Resources



Electronic Cigarettes:

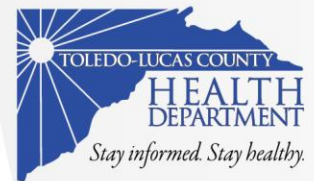
E-cigarettes come in many forms and sizes, but most have a battery, heating element, and a place to hold a liquid. Most e-cigarettes contain nicotine, which is highly addictive and can harm development of the brain. By heating the liquid element, e-cigarettes produce an aerosol. This aerosol can contain harmful substances including ultra-fine particles that can be inhaled into the lungs, cancer-causing chemicals, and heavy metals such as lead.

Resources to Quit:

- My Life, My Quit (Ohio Tobacco Quit Line), to help youth quit vaping. To enroll, text or call 1-855-891-9989 or visit mylifemyquit.com
- This is Quitting (Truth Initiative), a free text message program created by youth, college students and young adults who have attempted or successfully quit electronic cigarette use. Youth and young adults can access this quitting program by texting “DITCHJUUL” TO 88709. Parents and adults looking to help youth quit should text “QUIT” to 202-899-7550
- Ohio Tobacco Quitline, provides cessation services to youth and young adults. **1-800-784-8669, 1-800-QUIT-NOW**

Electronic cigarettes are included in the T21 law. Sales of electronic cigarettes to anyone under the age of 21 is against the law.

If in need of a presentation or more education please refer to the provided resources or contact Safa Ibrahim at **419.213.4120** or ibrahims@co.lucas.oh.us



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