Nicotine is very addictive.

It creates changes in your brain that **lead to more nicotine cravings**.

**The brain is not done developing until 25 years old.** Nicotine can harm the parts of the brain that control attention and learning.

**A TEASPOON** of liquid nicotine swallowed or absorbed through the skin can kill a small child.

**In the U.S. in 2018, there were 3,137 nicotine exposures reported to poison control centers.**

**During pregnancy,** nicotine hurts a baby’s health.

**How to Quit**

Be Well Arkansas can help you quit. If you’re thinking about quitting, our wellness counselors can help you. Call 833-283-WELL.
E-cigarette aerosol is NOT HARMLESS.

AEROSOL FROM E-CIGARETTES IS MADE BY HEATING A LIQUID THAT USUALLY INCLUDES:

- NICOTINE
- ULTRAFINE PARTICLES that can be breathed deep into the lungs
- CANCER CAUSING CHEMICALS
- FLAVORING, SUCH AS DIACETYL, a chemical linked to a serious lung disease
- HEAVY METALS such as nickel and lead

People nearby e-cigarette users can breathe the harmful aerosol into their lungs.

E-CIGARETTES ARE NOT APPROVED BY THE FDA AS A TOOL TO HELP PEOPLE QUIT SMOKING. None of the health claims made by sellers of these products have been proven to be true.

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