

Know the Facts

NICOTINE



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.



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Know the Facts

ELECTRONIC CIGARETTES



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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