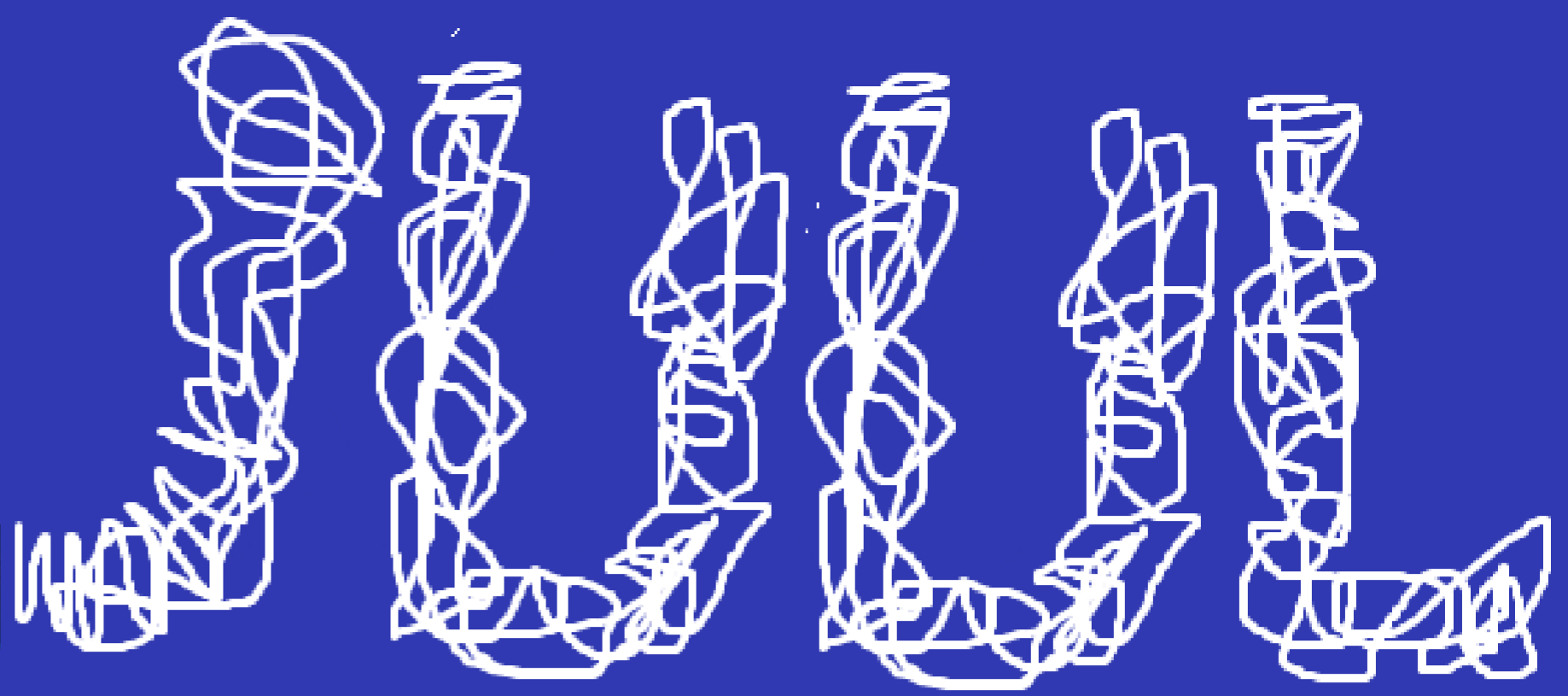
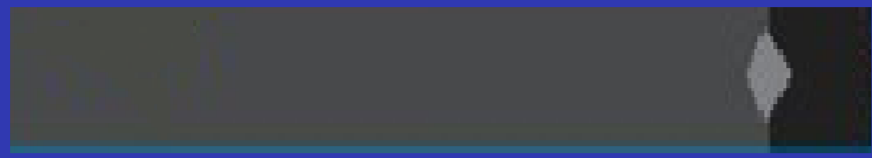


What's the bottom line?



HOW DOES JUUL WORK?

JUUL, a type of e-cigarette, has a cartridge that heats nicotine to produce an aerosol that is inhaled.

It's NOT water vapor!

DOES JUUL CONTAIN NICOTINE?

YES! A single JUUL pod has nicotine equal to roughly one pack of cigarettes.



That's about
200
cigarette puffs!

IS IT HEALTHIER THAN CIGARETTES?

NO!

Nicotine from JUUL aerosol is addictive, affects blood pressure, and increases the heart rate.

The inhaled aerosol contains a mix of toxic gases and tiny particles known to increase risk for lung and eye cancer and heart disease.

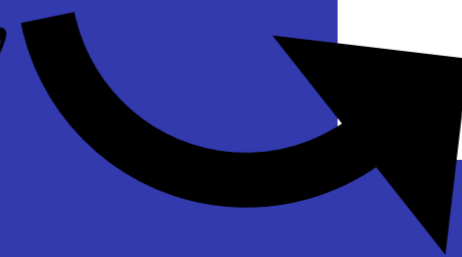
Young adults who use e-cigarettes are more than 4 TIMES as likely to begin smoking tobacco cigarettes.

FAST FACTS

63% of JUUL users do not know that the product ALWAYS contains nicotine.

JUUL is an FDA regulated tobacco product.

which is why



"JUULing" IS prohibited on the University of Kentucky campus.

Evidence suggests that nicotine use during your 20s has long-term impacts on brain development.

to learn about tobacco treatment resources:

visit <https://www.uky.edu/TobaccoFree/help-you-quit>

Tobacco-free UK:

A Healthy Place to Live, Work, and Learn

