

# Vaping is not recommended for youth or expectant mothers.

**Marijuana is addictive**, especially if you start young, or use frequently.

## Marijuana use can cause:

- Difficulty thinking and problem solving
- Problems with memory and learning
- Impaired coordination
- Difficulty maintaining attention

These can be long-term problems, not just when you are high.

## Marijuana Use During Pregnancy

- increases the risk of your baby being born too early, too small or stillborn
- is not approved to control nausea, improve sleep or increase appetite

## Marijuana and Breastfeeding

Marijuana passes into a mother's breast milk and can be detected for up to 6 weeks. This means baby can be exposed to marijuana by drinking it's mother's milk. To limit potential risk to the infant and it's developing brain, it is recommended breastfeeding mothers should not use marijuana or marijuana-containing products in any form, including CBD, while breastfeeding.

# How to know if you are hooked.

It is easy to get hooked on nicotine, even if you only vape occasionally.

The more you vape, the harder it is to go without it. The nicotine level in your bloodstream drops in as little as 30 minutes causing unpleasant feelings, and strong urges to vape.

## Signs of nicotine dependence

- Feeling irritable, angry, restless, anxious or depressed
- Having trouble thinking and concentrating
- Craving tobacco products
- Feeling hungrier than usual

E-Cigarettes are NOT currently approved by the FDA as an aid in quitting smoking traditional cigarettes, and they contain several of the same harmful substances.

Making the decision to quit vaping during pregnancy can make a difference in the development and health of you and your baby. Quitting at any point can be helpful!

# Ready to Quit?

## This is Quitting

Designed for teens and young adults. Free. Youth can enroll by texting "DITCHJUUL" to 887-09

## Georgia Quit Line

English: 1-877-270-STOP (877-270-7867)  
Spanish: 1-877-2NO-FUME

## SmokeFreeTeen

<https://teen.smokefree.gov/>

## Pregnant?: Visit this quit resource

<https://women.smokefree.gov/pregnancy-motherhood>

**Or call your healthcare provider!**

## For more info on vaping & health:

Visit [msacd.emory.edu](https://msacd.emory.edu)

or email us at [tobaccoprevention@ccapsa.org](mailto:tobaccoprevention@ccapsa.org)

# Be Healthy. Be VapeFREE, SmokeFREE and TobaccoFREE.

*Tobacco use is NEVER safe for youth, pregnant women and non-tobacco users.*



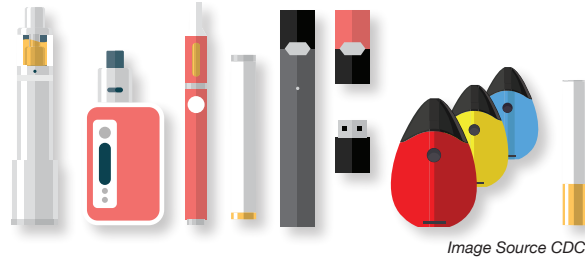
Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities



# What is Vaping? What are e-cigarettes?

## E-cigarettes (vapes)

are battery-powered smoking devices that can be used to inhale nicotine, marijuana or other substances. They come in many shapes and sizes and often look like pens, USB flash drives, and other everyday items.



## When you vape:

- You inhale harmful chemicals, flavorings and nicotine
- “Pod” type devices like Juul and Suorin and disposable vapes like Puff Bar contain more nicotine than a pack of cigarettes
- Vaping is NEVER harmless for young people and should NEVER be used as a tobacco quit aid by youth

# Vaping is **NOT** Harmless

Vapes produce chemicals and ultrafine particles that go deep into the lungs and can harm your health including:

- Heavy metals like cadmium, nickel, lead and tin
- Diacetyl, a flavoring chemical banned in foods that can cause serious lung disease when inhaled
- Other chemicals that can cause cancer, like formaldehyde

In addition, liquid flavor pods used in vapes are NOT regulated by the FDA, therefore we do not know for sure what chemicals are in them or if they are safe for youth or pregnant women.

## EVALI\*

Research suggests vaping is bad for the heart and lungs. Two new serious lung diseases have emerged since 2019. EVALI, a serious lung disease linked to some vaping products, and COVID-19, that causes more serious illness in those with underlying illness and risk factors, including smoking. It's never been more important to keep your lungs healthy and avoid smoking and vaping.

\*E-cigarette and Vaping Associated Lung Injury

## COVID-19

## Using tobacco products during pregnancy has been:

- Associated with risk for preterm birth (born too early), placental issues, stillbirth and Sudden Infant Death Syndrome (SIDS)
- Linked to complications for pregnant women including preeclampsia, ectopic pregnancies, and miscarriages
- Shown to increase the chances of a baby having asthma, bronchitis or respiratory infections

## Remember smokeless tobacco products are not safe either.

Smokeless tobacco products like chewing tobacco, snuff, and snus contain nicotine and other chemicals that are not considered safe for youth use or use during pregnancy/breastfeeding.

# Nicotine in tobacco and vaping products is addictive and harms the developing brains of children, teens and young adults

## Nicotine is as addictive as cocaine and heroin.

Young people get addicted to nicotine more easily and more quickly than adults. Nine out of ten adults who are hooked on tobacco products started before the age of eighteen.

Nicotine use increases the risk of addiction to other drugs including alcohol, marijuana and opioids.

Nicotine changes the brain while it is developing, up to age 25.

## Nicotine use by pre-teens, teens and young adults:

Changes and harms the brain circuits that control learning, memory, attention and impulse control.

Increases risk of mood disorders like depression and anxiety in young people.

## Nicotine also enters breast milk and reaches baby.

Products containing nicotine are not recommended during breastfeeding. Nicotine can damage a baby's developing lungs and brain.