

**QUIT  
THE  
STICK**



# LISTEN TO **METAL**, DON'T PUT IT **IN** YOUR **LUNGS**

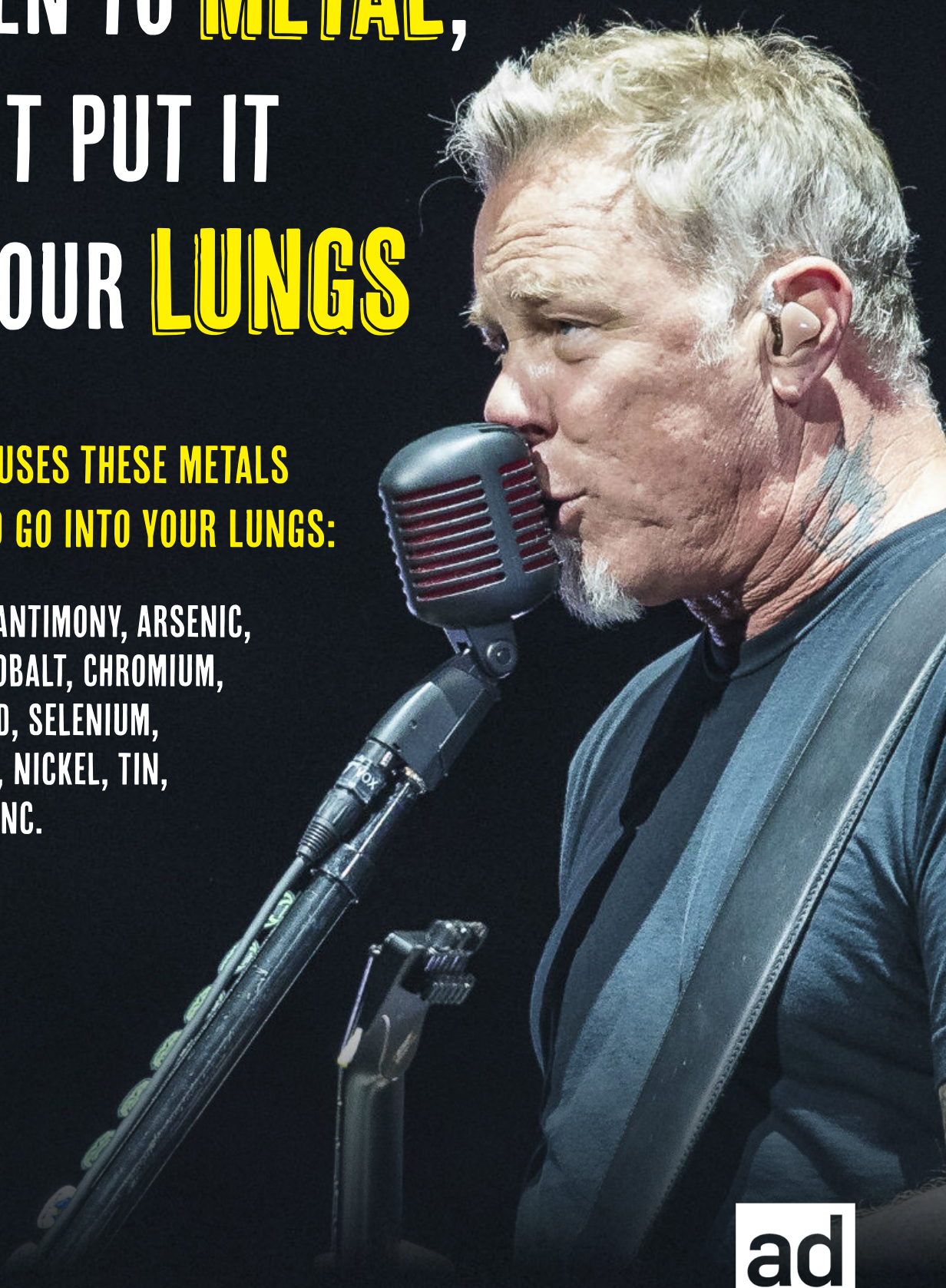
**VAPING CAUSES THESE METALS  
& MORE TO GO INTO YOUR LUNGS:**

ALUMINUM, ANTIMONY, ARSENIC,  
CADMIUM, COBALT, CHROMIUM,  
COPPER, LEAD, SELENIUM,  
MANGANESE, NICKEL, TIN,  
IRON, AND ZINC.

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**17%**

**OF PEOPLE PUT EMPTY PODS IN REGULAR RECYCLING**



Waste produced by e-cigarettes is harmful to the environment and won't break down over time.

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# 99% OF E-CIGARRETTES SOLD CONTAIN NICOTINE

Nicotine can make feelings of **depression** and **anxiety** worse and can cause you to become dependent on it.

LEARN MORE



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