

# What happens when you quit **smoking**?

## After 20 minutes...



...your pulse and blood pressure begin to return to normal.

## After 8 hours...



...you'll have half the levels of nicotine and carbon monoxide in your blood. Your oxygen levels will be getting back to normal.

## After 12-24 hours...



...your risk of heart attack is greatly reduced. Your heart doesn't have to pump so hard to get oxygen to your body.

## After 2-3 days...



...your senses of taste and smell will get sharper, and your lungs will begin trying to kick out mucus and other gunk left by cigarettes. You'll breathe easier and have more energy.

## Within 1-9 months...



...you can exercise without getting as winded. You'll get fewer colds and other illnesses.

## After 1 year...



...your risk of heart disease is half what it was a year ago.

**For years to come you'll be reducing your risk of many types of cancer, heart attack, and stroke.**

**Begin your quit journey today by calling  
1-800-QUIT-NOW or scan here.**



# E-cigarettes & vapes: What's the big deal?



**It's not just water vapor.** Vapes contain many unhealthy and toxic chemicals and heavy metals.

**Nicotine:** addictive, affects brain development. **Nickel, Tin and Lead:** enough said.  
**Propylene glycol:** also found in antifreeze and paint. **Benzene:** found in car exhaust.  
**Carcinogens:** such as formaldehyde and acetaldehyde. **Acrolein:** found in weed killer.



**They can cause permanent, severe lung injury.** The chemicals in e-cigarettes and vapes can lead to lung disease, heart disease, cancer, asthma and COPD.



**They are addictive.** E-cigarettes and vapes contain nicotine or synthetic nicotine, often at high levels. Nicotine is addictive. Nicotine can also negatively affect brain development in youth and young adults.



**Secondhand emissions from vapes are dangerous to non-users.**

Aerosol exhaled from vapes contains many of the same toxic chemicals, heavy metals, and ultrafine particles inhaled, exposing others to the same dangerous chemicals.



**All e-cigarettes and vapes are harmful to youth.** Regardless of the name or brand, all vapes and e-cigs are harmful to youth. Some may look like USB drives and many have fruit or candy flavors. They may look harmless, but they are not.

**They're not a safe alternative to smoking.**

The only safe alternative to smoking or using vapes is to quit for good.

Youth can text "**Start My Quit**" to 36072  
or scan here.

