

ALTHOUGH E-CIGARETTES MAY SMELL LIKE CANDY OR FRUIT, THEY ARE NOT HARMLESS.

E-cigarettes contain nicotine, cancer-causing chemicals, and metals such as nickel, lead and tin.

E-cigarette use is not safe.

Teen use of e-cigarettes is especially dangerous because it disrupts normal brain development, which continues until the mid to late twenties.

Each time e-cigarettes are used, the brain and body get used to having nicotine.

This makes it hard to go without e-cigarettes or other tobacco products.

NICOTINE ADDICTION

Someone might be addicted to e-cigarettes and nicotine if they:

- Feel anxious, moody or angry when unable to vape.
- Continue to vape even though they want to stop.
- Always think about vaping even when doing other things.
- Still vape after getting in trouble with parents or at school for vaping.
- Tried to stop vaping but couldn't.



Mississippi
tobaccoQUITLINE
1.800.QUITNOW
WWW.QUITLINEMS.COM 1.800.784.8669



If you or a loved one uses tobacco products or e-cigarettes,
CALL 1-800-QUIT-NOW
for help to quit.

For more resources to quit, visit
www.healthymms.com/ecig.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

NICOTINE ADDICTION AND WITHDRAWAL



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NICOTINE WITHDRAWAL

When someone stops vaping, their body and brain must get used to living without nicotine. Nicotine withdrawal can cause:

- Sweating
- Feeling down or sad
- Feeling anxious, jittery and restless
- Feeling tired and sluggish
- Inability to concentrate
- Having trouble sleeping
- Having headaches
- Feeling hungry
- Having intense cravings to vape

MANAGING NICOTINE WITHDRAWAL

Everyone is different. For some people, the cravings and symptoms make quitting seem very hard. The good news is these feelings and symptoms fade over time. The longer someone goes without vaping, the better they feel.

How to manage withdrawal symptoms and increase chances for success:

- **Call a doctor or healthcare provider** for help. They can help manage symptoms.
- **Drink plenty of fluids**, especially water. Staying hydrated can reduce headaches, sweating, fatigue, and cravings.
- **Get support from family and friends.** Adults can support youth quit attempts by texting QUIT to (202) 899-7550 for tips and texted resources.
- **Make sleep a priority.** Getting some exercise during the day will improve sleep at night. Turn off screens an hour before bedtime. Establish a relaxing bedtime routine like taking a bath or listening to calming music.
- **Keep healthy snacks around** like nuts and fruit to boost energy and to reduce the need to vape.
- **Be prepared for cravings to vape.** Have a plan like calling or texting a friend, doing something physical like running up stairs, playing a game on your phone – anything to distract. Teens can go to teen.smokefree.gov to text with an expert or download apps to help them quit.
- **Don't swap e-cigarettes for other tobacco products.** Cigarettes, dip, chew, cigars, and cigarillos all contain nicotine and are addictive.

CRAVINGS ARE TEMPORARY AND WILL FADE OVER TIME. IF SOMEONE SLIPS UP AND VAPES, IT'S NOT A FAILURE. GET BACK ON TRACK. NEVER QUIT QUITTING.

