VAPING ISN’T HARMLESS!
The vapor or aerosol may contain harmful ingredients:

- Found in car exhaust
- Known to cause lung disease
- Includes heavy metals that may cause cancer

Vaping is associated with serious health issues like:

- Asthma
- COPD
- Acute Lung Injury
- Lung Cancer
- Heart Disease

TENNESSEE QUIT WEEK 2020
February 3-7th
Ready to see a nicotine-free future?

Call the Tennessee Tobacco QuitLine today to get started!

Tennessee Tobacco QUITLINE
1-800-QUIT-NOW
1-800-784-8669
www.tnquitline.org

You can also join the program online at www.tnquitline.org. IT’S FREE!!

It’s hard to quit vaping, but studies show people who use a program are much more successful.

#TNQuitWeek
#TobaccoFree2020

Use these hashtags to share your quit story on social media & find more information about Quit Week events.