

It might look cool, but vaping is dangerous

By ERIC A. HOWALD

Of No Adults Allowed

You may already think that kids are cooler than adults, but

there's actual science to back it up.

Right now, your brain is still growing. That means every time you learn something new

in school, or at home, or with your friends it's like a new bridge is built inside your brain. The bridges are called synapses and they connect one piece of information to others already there. (After a certain age

will stop happening making you infintely cooler than adults). It will keep happening until you are about 25 years

> old, and that's why you need to be making good choices now.

One of the things that can get in the way of your brain developing new

bridges is smoking of any kind - and that include e-cigarettes, vaping and juuling.

County Health Dept.

It's been known for a long time that products containing (the nicotine primary ingredient in cigarettes) is bad for your health. It can cause cancer and other breathingrelated diseases. But, e-cigarettes

NO VAPING

and vaping products without nicotine can be bad for you. The flavoring in some vaping products can lead to serious breathing issues, others ingredients are as bad for you as the stuff found in car exhaust, and even more ingredients can build up in your body over time and lead to other health problems. The process by

which the fluids are turned into a vapor also creates additional problems for smokers and nonsmokers who inhale the vapor.

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Because these products are still relatively new, even scientists don't know all the potential problems they can

Companies who produce vaping products are also good at getting your attention. Because they don't have to play by the same rules as cigarette companies, they use colors and flavors to attract younger people - people like you. You've got to be smarter than that.

So listen, you only get one brain in a lifetime. Keep yours safe by making good choices now and always, especially when it comes to smoking and vaping.

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