

# VAPING MYTHS



**MYTH** Vaping is safer than cigarettes.

**FACT** Vapes are unsafe and highly addictive, especially for teens whose brains are still developing.

**MYTH** The only toxic chemical in vape juice is nicotine.

**FACT** Vape juice contains 31 chemicals or more. Some, such as formaldehyde, become toxic when heated.

**MYTH** The flavoring in vapes is harmless.

**FACT** Vape products get their flavoring from chemicals, which are not safe.

**MYTH** Vaping helps with anxiety and depression.

**FACT** Vaping can actually increase or worsen anxiety and depression.

**MYTH** Vaping doesn't have any negative impact to your physical well-being.

**FACT** Studies have shown that those who vape have lower fitness levels and higher blood pressure.

**MYTH** Teens who vape can easily focus because they vape.

**FACT** The nicotine in vapes makes it harder to focus, causing brain fog.

**MYTH** Anyone can legally purchase vapes.

**FACT** Texas law requires that you must be 21 years old to buy a vape.

**MYTH** The nicotine in one vape pod is equal to 10 cigarettes.

**FACT** Most vape pods are equal to 30 cigarettes, which is more than a pack of cigarettes.

**READY TO DROP THE VAPE?**

Visit [LiveVapeFree.com](http://LiveVapeFree.com)



Texas Department of State  
Health Services