

TWO WAYS TO BEAT BIG TOBACCO AT THEIR OWN GAME.

GET YOUR HEAD OUT OF THE CLOUDS.

Don't let e-cig vapor cloud your thinking. Tobacco companies want you to vape, because they spike vape juices with nicotine. It's highly addictive and negatively affects the development of teen brains, like yours. Don't believe their lies.

MAKE A BIG STINK ABOUT LITTLE CIGARS.

They're the same size as cigarettes, but they contain far more toxins, including cadmium (a chemical in batteries); cyanide and arsenic (poisons); and formaldehyde (the chemical morticians use on dead bodies). That's why tobacco companies mask them with fake flavors like watermelon, peach, mint, cherry, and bubble gum. Don't be fooled by the flavors.

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THE
DIRTY
TRUTH



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Tobacco Prevention and Control Program