

VAPING & TOBACCO INTERVENTION RESOURCES

1. S.C. Department of Health, Office of Health Education: 631-853-3162
www.suffolkcountyny.gov/health (Click "Preventive Medicine/Health Education")
 - ✓ Youth Vaping Cessation Classes (4 classes) Call to register!
 - ✓ "VAPE OUT!" Program: Customized trainings for school and community workshops, peer education, alternatives-to-suspension
 - ✓ The "Learn To Be...Tobacco Free" Cessation Program
 - ✓ Enforcement: Call to report any locations suspected of tobacco and vaping product sales to minors
2. NYS QUITLINE: 1-866-697-8487 or www.nysmokefree.com for free nicotine replacement medications, Opt-to-Quit tobacco program, educational resources
3. www.truthinitiative.org Youth centered vaping education and quit tips
4. www.becomeanex.org Tobacco cessation program

TEXTING TO QUIT

1. Vaping Cessation support: Text "QUIT" to 202-804-9884 or Text "DITCHJUUL" to 887-09
2. Parents: To receive supportive text messages designed specifically for Parents of students who vape: Text "QUIT" to (202) 899-7550
3. Tobacco Cessation support: Text "QUITNOW" to 202-759-6436

ADDITIONAL RESOURCES

1. CDC: Centers for Disease Control & Prevention www.cdc.gov/tobacco
VAPING ILLNESS CONCERNS:
 - ✓ For concern about symptoms: POISON CONTROL: 1-800-222-1222
 - ✓ For suspicious product concerns: CDC VAPING HOTLINE: 1-800-232-4636
2. NIDA: National Institute on Drug Abuse
www.drugabuse.gov Look for "NIDA TEENS"
3. Campaign For Tobacco-Free Kids: www.tobaccofreekids.org
Lessons for youth and parents on tobacco and vaping
4. Partnership for Drug Free Kids: www.drugfree.org/vaping
"How to Talk to Your Kids about Vaping" guide
5. www.smokefree.gov Sections for: teens, veterans, español, women, 60+
6. www.mayoclinic.org Search "Nicotine" for in-depth nicotine information
7. American Lung Association: Alternative-to-suspension Program:
<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>

POSTERS & PAMPHLETS

FDA: Free vaping prevention posters <https://digitalmedia.hhs.gov/tobacco>

- *SOCIAL MEDIA LEADS KIDS TO THE DOOR,**
- *FLAVORS WALK KIDS THROUGH THE DOOR,**
- *NICOTINE SLAMS THE DOOR SHUT ON THEM.**

- ✓ **THE ONLY THING WE SHOULD EVER INHALE IS AIR; EVERYTHING ELSE IS AN IRRITANT TO THE LUNGS. ☹️**
- ✓ **REPEAT AFTER ME: "THERE IS NO SAFE VAPE!"**
- ✓ **THE E-LIQUID IS NOT WATER AND NATURAL FLAVORS. IT'S PROPYLENE GLYCOL & CHEMICAL FLAVORS, WHICH ALWAYS TURN INTO FORMALDEHYDE GAS WHEN HEATED ☹️**
- ✓ **THE AEROSOL THAT IS INHALED, PUTS MICRO-PARTICLES OF HEAVY METALS, LIKE LEAD, TIN AND CADMIUM, INTO YOUR LUNGS ☹️**
- ✓ **THE NICOTINE IS ADDICTING AND JUUL ALWAYS HAS NICOTINE ☹️**
- ✓ **NO ONE KNOWS THE LONG TERM EFFECTS OF VAPING; NOT EVEN THE VAPING COMPANIES! ☹️**
- ✓ **NICOTINE CHANGES ADOLESCENT BRAINS, IN THE AREAS OF ATTENTION, IMPULSE CONTROL, MOOD, MEMORY & IN THE ABILITY TO BE *CALM AND CHILL* ☹️**
- ✓ **VAPERS ARE 4X MORE LIKELY TO BE SMOKERS & WE KNOW HOW BAD SMOKING IS FOR HUMANS ☹️**