

# TRUTH SPOTLIGHT

on smoking, vaping, and illness

**USING TOBACCO PRODUCTS can increase the severity of respiratory illnesses.**

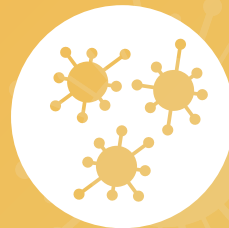
**SMOKING CAN CAUSE:**



Lung Disease



Diabetes



Cancer



Heart Disease

**VAPING** (e-cigs, e-hookah, e-juice, juuling, vape pens, mods, tank systems, and electronic nicotine delivery systems-ENDS)



- E-cigarette aerosol can contain chemicals that harm the lungs.
- Vaping also exposes lungs to metallic vapors created by heating the coils in the device.
- Vaping has been associated with shortness of breath, acute lung injury, COPD, and asthma.

It's always a good time to quit, but there has never been a better time to do it.

**TO HELP YOU QUIT:** Call for free support

1-800-QUIT-NOW (1-800-784-8669)

1-855-DÉJELO-YA (ESPAÑOL)

Access free online resources:

CDC: [cdc.gov/tips](https://cdc.gov/tips)

NCI: [smokefree.gov](https://smokefree.gov)