

# SMOKING VS. VAPING: THEY BOTH SUCK

## ACETALDEHYDE

Carcinogen found in cigarette smoke. It irritates the skin, eyes, mucous membranes, throat, and respiratory tract.

## ACROLEIN

Used as a herbicide to control weeds and algae. It is a toxic irritant for skin, eyes, and nasal passages.

## NICKEL

Commonly used in stainless steel, magnets and batteries. It causes cancer and can damage your lungs and immune system.

## LIQUID NICOTINE

The most dangerous part of a vaping device might be the liquid nicotine.

It is highly addictive and toxic. Even small amounts of liquid nicotine absorbed through the skin or swallowed can cause vomiting and seizures, and can be fatal for a child.

The refill containers aren't childproof. Often referred to as e-juice, liquid nicotine comes in candy flavors and colors that appeal to kids.



## PROPYLENE GLYCOL

Commonly used in theatrical fog. It is considered safe when ingested, but little is known about long-term health effects when inhaled. The tobacco industry claims they add it to keep tobacco from drying out.

## LEAD

Used in car batteries. It is highly toxic and has been banned from paint products. Lead poisoning stunts growth, causes nausea and vomiting, and damages the brain.

## ACETONE

Commonly used in nail polish remover. It can irritate the eyes and may depress the central nervous system.

## CADMIUM

Commonly used in batteries. It causes damage to the liver, kidneys, and brain. It can stay in the body for years.

## FORMALDEHYDE

Embalmers use it to preserve dead bodies. It causes cancer and can damage your lungs, skin and digestive system.

## TOLUENE

Commonly used ingredient in paint thinner. It is highly toxic. Exposure to even low levels can cause headache, nausea, and wheezing.

## THESE CHEMICALS ARE PRESENT IN BOTH CIGARETTES AND VAPING



## ARSENIC

This deadly poison makes your lips burn and your breath turn bad.

## PHENOL

Phenol is a chemical used in disinfectant. The kind you use to clean a laboratory.

## AMMONIA

Scientists have discovered that ammonia helps you absorb more nicotine-keeping you hooked on smoking.

## BUTANE

Highly flammable butane, is one of the key components of gasoline.

## BENZENE

Is found in pesticides and gasoline.

## BENZO(A)PYRENE

You'll find it in tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.