

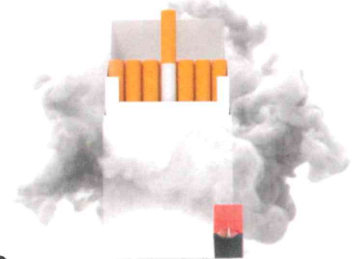
DO YOU KNOW ABOUT VAPING?

Your kids probably do.

E-cigarettes and vapor products are increasingly popular and accessible in Oklahoma – especially among youth – but do they know the dangers?



This is a JUUL, the most popular brand of e-cigarette. Kids often refer to vaping as “JUULing.”



WHAT IS VAPING?

“E-cigs” or “vapes” are battery-powered devices that heat nicotine juice to create an aerosol, which is inhaled by the user. The juice is often stored in replaceable pods. These devices have deceptively sleek designs that look like everyday items and can be easily hidden. E-cigarettes have become the most commonly used tobacco product among U.S. middle and high school students.



WHY IS IT DANGEROUS?

Vape juices often have dangerously high levels of nicotine.

In fact, just one JUUL pod contains as much nicotine as 20 cigarettes.

- Nicotine can impair youth brain development, which continues until at least age 25.
- Young people who use e-cigarettes are up to seven times as likely to use other forms of tobacco.
- Aerosols from vaping contain cancer-causing chemicals and heavy metals.
- Vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis.

WHAT CAN YOU DO?

- Ask kids about e-cigarettes and warn of their dangers.
- Learn about the shapes and types of e-cigarettes and how to spot them.
- Keep the conversation going; it's important to talk often about the dangers of vaping.



Discover signs of vape use,
terms to know, tips for talking about vaping and more at

TOBACCO STOPS WITH ME.com



10 WAYS TO MANAGE STRESS

Stress is, well, stressful... especially when quitting tobacco.

Here are some tips that may help reduce the stress in your life.

1. TAKE A BREAK.

Even if it's just for a few minutes, a short breather can help you relax in a stressful situation.

2. BREATHE DEEPLY.

Take a few slow, deep breaths — in through your nose and out through your mouth.

3. EXERCISE.

Even a short walk every day can help you manage stress, curb nicotine cravings and improve your health.

4. VISUALIZE.

Close your eyes and imagine you are in a place where you feel safe, comfortable and relaxed.

5. SCAN FOR TENSION.

Stretch, exercise or get a massage. Even rubbing your shoulders, neck and head can release a lot of tension.

6. TALK TO SOMEONE.

Talking with a friend or family member about your life is a great way to help manage stress.

7. TAKE CARE OF YOURSELF.

This includes eating a balanced diet, drinking lots of water and getting enough sleep.

8. CUT OUT CAFFEINE.

Drinking caffeinated coffee, tea or soda can amplify stress levels, especially when quitting.

9. FACE THE PROBLEM.

Think about what makes you stressed, and see if there are ways to make it better. It can be helpful to talk with others, too.

10. DO THINGS YOU ENJOY.

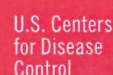
Distract yourself with activities that give you pleasure. Go for a run, watch a movie or do some reading.



1-855-DÉJELO-YA **Spanish**
1-877-777-6534 **TTY**



Partners:



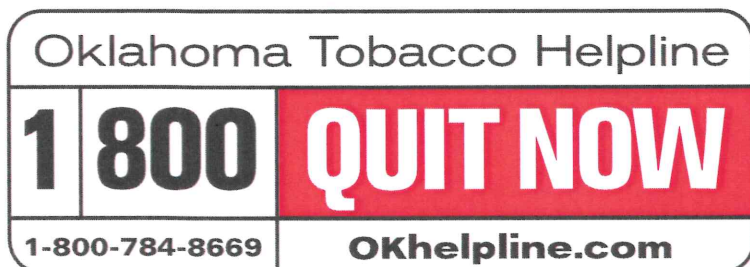
NO JUDGMENTS. JUST HELP.

FREE SUPPORT IS HERE FOR YOU.

The Oklahoma Tobacco Helpline is a FREE service available 24/7. We're not here to lecture or judge. We simply provide the tools and support you need to quit tobacco your own way.

HOW CAN THE HELPLINE HELP YOU?

- Flexible, customizable services to help you develop a Quit Plan
- Helpful emails, supportive text messages and other services
- At least a two-week supply of free patches, gum or lozenges



1-855-DÉJELO-YA **Spanish**
1-877-777-6534 **TTY**
1-866-748-2436 **Video Relay**
Ask for direct VP number



TSET

Partners:



U.S. Centers
for Disease
Control

NO SE JUZGA. SÓLO SE AYUDA.

RECIBE APOYO GRATIS DE LA LÍNEA DE AYUDA OKLAHOMA TOBACCO HELPLINE.

¿Pensando en dejar el tabaco? Hay herramientas GRATIS y apoyo sin prejuicios disponibles para ti 24/7 a través de la Línea de Ayuda Oklahoma Tobacco Helpline.

¿CÓMO PUEDE AYUDARTE LA LÍNEA DE AYUDA?

Miles de residentes de Oklahoma han dejado el tabaco a través de la Línea de Ayuda Oklahoma Tobacco Helpline. La gente que usa la Línea de Ayuda en combinación con los parches de nicotina, chicles o pastillas duplican sus posibilidades de éxito. Nuestros Consejeros de Cesación entrenados ofrecen refuerzo positivo y apoyo sin prejuicios para ayudarte - sin importar dónde estés en tu recorrido.

Comenzar es sencillo.

- Llama al 1-855-DÉJELO-YA o visita OKhelpline.com para apoyo gratis por correos electrónicos, consejería telefónica y por internet, parches, chicles o pastillas y más.
- Hablarás con un especialista en registro por aproximadamente 10-15 minutos. Luego serás transferido con un Consejero de Cesación.
- Deberás recibir tu terapia de reemplazo de nicotina en 10-14 días laborales.
- Si un Consejero de Cesación te llama, el número 1-855-335-3569 aparecerá en tu teléfono móvil y el 1-855-DÉJELO-YA en el identificador de llamadas de tu teléfono fijo.

ESTAMOS DISPONIBLES 24/7.

La Línea de Ayuda provee servicios a cualquier hora en muchos idiomas, incluyendo servicios para aquellos con discapacidad auditiva. Ofrecemos Planes de Cesación personalizados, una comunidad en internet para discusiones y herramientas de seguimiento para medir tu progreso y ahorros financieros.



Llama al **1-855-DÉJELO-YA** para que recibas la ayuda gratuita que has estado esperando.



¿No estás listo aún para registrarte? No hay presión.

Visita **OKhelpline.com** para consejos, herramientas e información.



1-800-QUIT NOW **Inglés**
1-877-777-6534 **TTY**



En asocio con:
 Oklahoma State Department of Health
 U.S. Centers for Disease Control

JUULs, Vapes and E-Cigarettes: Tackling the Youth Tobacco Epidemic

E-cigarettes are battery-powered devices that heat nicotine juice to create a vapor, which is inhaled by the user. Known as “vapes,” “e-cigs” or “JUULs,” these devices are causing a nation-wide epidemic. E-cigarettes are the mostly commonly used tobacco product among U.S. middle and high school students. **According to recent surveys, current e-cigarette use among high school students has risen from 1.7 million students in 2017 to 3.05 million students in 2018 – a staggering increase of 78%.¹**

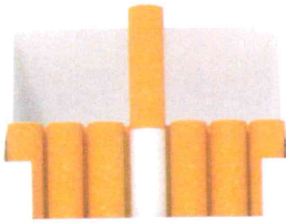



What's a JUUL?

JUULs are the most popular brand of e-cigarettes. They're designed to look like a USB flash drive — **allowing kids to hide it from adults**. Their deceptive appearance emboldens kids to use JUULs in classrooms, hallways and bathrooms.

What's a JUUL pod?

JUULs are loaded with replaceable “pods” filled with a **potent nicotine solution** (also known as “juice”). A heating element vaporizes the solution, transforming it into an inhalable vapor.



According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 cigarettes.

The Role of Flavors

Most e-cigarettes dispense sweet or exotic-tasting vapors. Flavored products mask the harsh tobacco taste, and the **high concentrations of nicotine dramatically increase addiction potential in children**. JUUL flavors include Mango, Creme and Mint, among others.*



Young people who use e-cigarettes are **up to seven times** as likely to use other forms of tobacco.²



Harming the Brain

The nicotine in e-cigarettes can impair youth brain development, which continues until at least age 25. JUUL vapors also contain cancer-causing chemicals and heavy metals.³

What You Can Do

- Ask kids about e-cigarettes and warn of their dangers.
- Express firm expectations that kids remain tobacco-free.
- Learn about the shapes and types of e-cigarettes and learn how to spot them.
- Develop, implement and enforce tobacco-free policies at home and at school.
- Set a positive example by being tobacco-free and vape-free.



Learn more about the risks of e-cigarettes and how to prevent a lifetime of addiction at

TOBACCO STOPS WITH ME.com
 **TSET**

1. Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018. *MMWR Morb Mortal Wkly Rep* 2018;67:1276–1277. DOI: <http://dx.doi.org/10.15585/mmwr.mm6745a5>

2. Bold KW, Kong G, Camenga DR, Simon P, Cavallo DA, Morean ME, Krishnan-Sarin S. Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth. *Pediatrics*. Itasca, IL: 2018. <http://pediatrics.aappublications.org/content/141/1/e20171832>.

*Image from: <https://www.mtnservice.com/juul-vaporizer-nicotine-salt-device/>

3. Metal Concentrations in e-Cigarette Liquid and Aerosol Samples: The Contribution of Metallic Coils” was written by Pablo Olmedo, Walter Goessler, Stefan Tanda, Maria Grau-Perez, Stephanie Jarmul, Angela Aherrera, Rui Chen, Markus Hilpert, Joanna E. Cohen, Ana Navas-Acien, and Ana M. Rula.

5 KEYS TO SUCCESS

These 5 Keys can make quitting tobacco easier and more successful.



1

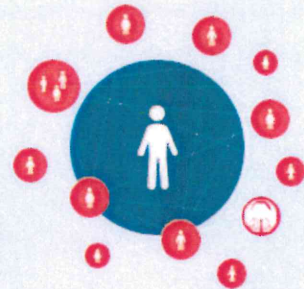
SET YOUR QUIT DATE.

Pick a day within two weeks of your first Helpline call. Be sure to choose a day when you know you won't be busy, stressed or tempted to smoke.

2

HAVE A GOOD SUPPORT SYSTEM.

Find people who'll help and encourage you to quit, like family members, friends or coworkers.



3

TOBACCO-PROOF YOUR LIFE.

Rid your home, car and work of anything related to tobacco.

4

USE NICOTINE REPLACEMENT THERAPIES.

NRTs like patches, gum or lozenges can help ease you into quitting.



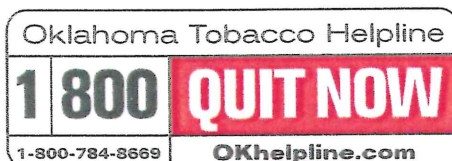
5

PRACTICE WITH MINI-QUITS.

Practice quitting for short periods of time before your quit date. Mini-quits can help you learn how to cope with urges to smoke.



For FREE help and nonjudgmental support, call 1-800-QUIT NOW or visit OKhelpline.com.



1-855-DÉJELO-YA Spanish
1-877-777-6534 TTY



Partners:



U.S. Centers
for Disease
Control

TOBACCO USE PROHIBITED

The use of a tobacco product shall be prohibited 24/7 in or on an educational facility tht offers an early childhood education program or in which children in grades kindergarten through twelve are educated. The use of a tobacco product shall also be prohibited 24/7 in school vehicles, and at any school-sponsored or school-sanctioned event or activity.

1. "Educational facility" is defined as any property, building, permanent structure, facility, auditorium, stadium, arena or recreational facility owned, leased or under the control of the school district.
2. "School Vehicle" is defined as any transportation equipment or auxiliary transportation equipment as defined in 70 O.S. § 9-104.
3. "Chewing tobacco" is defined as any Cavendish, twist, plug, scrap, and any other kinds and forms of tobacco suitable for chewing.
4. "Smoking tobacco" is defined as any granulated, plug cut, crimp cut, ready rubbed, and any other kinds and forms of tobacco suitable for smoking in a pipe or cigarette.
5. "Tobacco product" is defined as any bidis, cigars, cheroots, stogies, smoking tobacco and chewing tobacco, however prepared. Tobacco products shall include any other articles or products made of tobacco or any substitute thereof. Tobacco product will also include any vaping product.

Signs will be posted in prominent places on school property to notify the public that smoking or other use of tobacco products is prohibited.

Students are also prohibited from possessing tobacco on, in, or upon any school property. If students are found to be carrying cigarettes or other tobacco products, the tobacco product will be confiscated.

Employees are warned that violation of this policy may lead to dismissal action. Patrons who violate this policy will be asked to leave the school premises. Students violating this policy will be disciplined.

REFERENCE: 21 O.S. §1247
 63 O.S. §1-1522, et seq.
 70 O.S. §1210.212
 20 U.S.C. §6083