



VERY BERRY  
ROCKET POPSICLE  
GREEN BLAST  
COTTON CANDY



**Just because it sounds good doesn't mean it's safe.** But that's exactly what manufacturers of e-cigarettes want youth to think about vaping products.

But vaping liquids contain nicotine, an addictive and cancer-causing chemical. Some of the liquid pods contain as much nicotine as a pack of cigarettes. Some pod-based systems can even hold enough liquid to **equal the amount of nicotine found in three packs of cigarettes.**

Vaping device companies are marketing to youth with many enticing flavors. Because who would want to taste any of this — arsenic, formaldehyde, manganese, nickel, chromium, and lead? **All of which are in the vaping liquid ingredients, or are created when the liquid is heated.**

Teach your kids to be smart. Let them enjoy ice cream flavors where they belong.

**In a cone.**

Paid for by the Maryland Cigarette Restraint Fund.



ST. MARY'S COUNTY  
HEALTH DEPARTMENT



Get The Facts.

For information on the potential risks of vaping and e-cigarettes, please visit [www.smchd.org/vapeaware](http://www.smchd.org/vapeaware)