

# Vaping isn't harmless.

**There have been more than 2,800 hospitalizations due to vaping as of 2020. Of those, 18-to-24 year olds were the largest group, making up for 37% of all hospitalizations.\* It's important to ask yourself questions about vaping to determine if it's impacting your health and wellness.**

## ASK YOURSELF:


- 1 Have you found yourself craving nicotine?
- 2 Are you irritable or anxious when you don't have your vape around?
- 3 Have you unsuccessfully tried to quit vaping?
- 4 Have you ever experienced nicotine withdrawal symptoms: headaches, restlessness, irritability, trouble sleeping, trouble concentrating, feeling sad or anxious?
- 5 Do you find yourself needing your vape when drinking alcohol or in social engagements?


\* "Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products." Centers for Disease Control and Prevention. Feb. 25, 2020

## YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by vaping. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

 **CALL:**  
**(855) 581-8111**

 **TEXT:**  
**(855) 895-8398**

 **CHAT:**  
**YourLifelowa.org**

## VAPING

More than half of young people have considered quitting vaping in 2022.\*  
Are you considering quitting? We can help.

### HELPFUL TIPS FOR QUITTING:\*\*

- 1 Tell a friend or family member when you're quitting to help keep you accountable
- 2 Exercise or physical activity
- 3 Decrease your caffeine intake
- 4 Knowing what triggers your cravings more and avoiding those triggers
- 5 Finding distractions, phone a friend, meditate etc
- 6 Talk to a medical provider about medications that can aid in tobacco cessation

### VAPING WITHDRAWAL SYMPTOMS:\*\*

|                    |                                  |
|--------------------|----------------------------------|
| Insomnia           | Restlessness/trouble focusing    |
| Anxiety/depression | Irritability/frustration         |
| Increased appetite | Headaches, fatigue and dizziness |

Withdrawal symptoms are often worse in the first week after quitting, but tend to drop in intensity after the first one. Withdrawal symptoms often go away within a month after quitting.

\* ["More than half of young people consider quitting vaping in 2022, new survey finds." truth initiative. Jan. 5, 2022](#)


\*\* ["Handling Nicotine Withdrawal and Triggers When You Decide to Quit Tobacco." National Cancer Institute. Jan. 3, 2022](#)


## YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about vaping. You can call, text or chat online with us 24/7 - and it's free!

**We walk beside you so you're never alone.**

 **CALL:**  
**(855) 581-8111**

 **TEXT:**  
**(855) 895-8398**

 **CHAT:**  
**YourLifelowa.org**