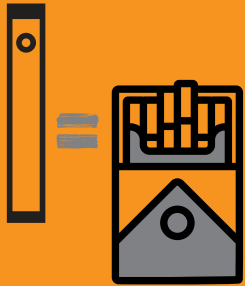


# SAY NO

E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH.  
SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.



Health  
Central Coast  
Local Health District



A single e-cigarette can contain the **SAME AMOUNT OF NICOTINE** – or even more – as an entire pack of cigarettes, making them **HIGHLY ADDICTIVE**.



Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES**.



Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION**.



They contain **HARMFUL CHEMICALS** that can cause serious **LUNG DAMAGE AND CANCER**.



Companies are **TARGETING YOUNG PEOPLE** to get them hooked – **DON'T BE A PUPPET!**

#SayNoToVaping