

ADDICTIONS AREN'T COOL



JUUL ISN'T COOL

E-cigarette aerosol is not harmless. Even though the aerosol generally contains fewer harmful chemicals than cigarette smoke, it can still contain **highly addictive nicotine**.

Nicotine takes about **10 seconds to reach your brain** after you inhale. And nicotine has been shown to be a disruptor of normal brain development. ***Your brain.***



Juul addiction is a real thing. Each Juul pod can contain the same amount of nicotine as a full pack of cigarettes.

Source: Centers for Disease Control and Prevention

Knox County
Health Department
Every Person, A Healthy Person