



**THIS IS THE NICOTINE
IN YOUR VAPE.
IT DOESN'T JUST LOOK LIKE
HANDCUFFS.**

It is handcuffs. Nicotine is an addiction. The more you vape, the more you crave. The more you crave, the more you vape. And while it isn't tobacco, your lungs aren't exactly breathing easy. They want you to suck in fresh air.

Smoking. Vaping. E-Cigarettes. Hookahs.
Blow them all off.

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Learn more at www.hrdphc.org