

Teens, Vaping and COVID-19

“COVID-19 attacks the lungs, and behaviors that weaken the lungs put individuals at greater risk. The harmful impact of smoking on the lungs is well documented, and there is a growing body of evidence that e-cigarette use can also harm lung health.”

- Campaign For Tobacco Free Kids

**In
Minnesota,
1 in 4 11th
Graders Are
Using
E-cigarettes.**

**Among
Eighth Grade
Students,
E-cigarette Use Nearly
Doubled
From
2016 to 2019.**

**Youth who
Use E-cigarettes
Are More
Likely to Use
Cigarettes in the
Future.**

If you are interested in getting FREE help for your child looking to quit, check out these programs below:

My Life, My Quit™

Text “Start My Quit” to
1-855-891-9989
or visit

MyLifeMyQuit.com

This Is Quitting

Text “DITCHJUUL” to
88709
or visit

TruthInitiative.org

Essentia Health

Call (218) 576-0100 or
lookup tobacco cessation
services at

EssentiaHealth.org

References:

2019 Minnesota Student Survey.

<https://www.health.state.mn.us/news/pressrel/2019/survey100219.html>

Campaign For Tobacco Free Kids.

https://www.tobaccofreekids.org/press-releases/2020_03_20_covid-19

Tips for Talking To Your Teen

- ☐ Ask your child for their perspective
- ☐ Explain the health risks
- ☐ Talk about what changes can be made in your teen's life to help them quit if they have already started
- ☐ Set a good example by not using tobacco products yourself

If you would like more information, check out:

“Don’t Blow It” Campaign

[www.essentiahealth.org/services/tobacco-cessation/
dont-blow-it-anti-vaping-campaign/](http://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/)

American Lung Association

lung.org

My Life, My Quit™

mylifemyquit.com/resources-parents.html

Talk To Your Teen About E-cigarettes

e-cigarettes.surgeongeneral.gov/resources.html

**Your health and the health of our entire community
has never been more important.**

**Although we are practicing social distancing,
we are committed to supporting our community
during these challenging times.**

