

DON'T BLOW IT: ANTI-VAPING CAMPAIGN

VAPING: QUIZ

Multiple Choice Questions: (circle one)

1 Can vaping negatively affect your health?
A. Yes
B. No

2 What are some reasons people start vaping?
A. Friends are doing it
B. Flavors
C. Stress
D. All of the above

3 Is it hard to quit vaping?
A. Yes
B. No

4 What is true about e-cigarettes? It is:
A. An electronic nicotine delivery device
B. Advertised and targeted to youth
C. A fire hazard
D. All of the above

5 What are some withdrawal symptoms of vaping?
A. Difficulty sleeping
B. Excessive thirst
C. Difficulty concentrating
D. All of the above

6 How many times a day do I need to vape to get lung/mouth damage?
A. 4
B. 2
C. 10
D. Any amount of vape can potentially cause damage

7 Is vaping really addictive?
A. Yes
B. No

8 What are the effects of nicotine?
A. Makes e-juice sweeter
B. Causes comas
C. Primes the brain for addiction
D. All of the above

9 How does vaping affect the heart?
A. Increases heart rate
B. Constricts blood vessels
C. Increases risk of heart disease
D. All of the above

True/False Questions:

True/False Circle "T" for True and "F" for False.

T F **10** Vaping can cause popcorn lung.

T F **11** If someone vapes around you, you can have health consequences, too.

T F **12** You are at risk when vaping without inhaling anything.

T F **13** If you become addicted to nicotine at a young age, you are more likely to try and become addicted to other substances (i.e. alcohol, opioids, cocaine, etc.) down the road.

T F **14** Vaping can cause seizures



Essentia Health

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