What are JUUL and Suorin?

JUUL and Suorin are electronic devices.
- When you puff on them, a battery turns on and heats e-liquid that often has nicotine.
- This turns into an aerosol (not just a vapor) that looks like smoke.

JUUL
- JUUL looks like a USB drive.
- Pods that attach to the device hold e-liquid.
  - This liquid has nicotine salts that give stronger hits than e-liquid without salts.
  - It also has things like propylene glycol and flavorings.
  - Some flavors are tobacco, mint, and fruit.
  - The pods are thrown away when empty.
- JUUL costs $34.99 and a pack of four pods cost $15.99.

Suorin
- Suorin is a family of devices, including:
  - Suorin Air - size of a thick credit card.
  - Suorin Drop - flat teardrop shape.
  - Suorin iShare - looks like a USB drive with on-the-go charger.
  - Suorin Vagon - curved body with a holster clip.
  - Suorin Edge - looks like a USB drive and comes with extra battery.
- All devices use pods that hold e-liquid.
  - They can be refilled with any e-liquid, even the salt-based ones.
  - There are many flavors, like grape and apple.
## Quitting JUUL or Suorin

### 5 Tips to help you quit

1. **Find your reason: Why do you want to quit?**
   - Write down your main reasons:
   - Remind yourself often why you want to quit.

2. **Know your triggers: What makes you want to use JUUL or Suorin?**
   - Write down the times when you like to use:
   - Some common triggers can be when you drink alcohol, feel stressed, hang out with others who are vaping, or feel bored.

3. **Make a plan to deal with triggers: What can you do instead?**
   - Change your ways - do other things like take deep breaths, chew on a straw, drink water, and avoid places where you use.
   - Change your thoughts - think about why you want to quit, tell yourself vaping is not an option, and give yourself credit for quitting.

4. **Set a quit date: What day might work best for you?**
   - Choose a day that is more or less stress-free.
   - Mark the date and commit to quit.
   - Give it a try.

5. **Keep trying: What if you don't make it this time?**
   - It can take many tries to quit for good.
   - You never know which time will stick - if you keep trying you WILL do it!

6. **Get help.**
   - Call the Wisconsin Tobacco Quit Line at **800-784-8669** (800-QUIT-NOW).
   - Text “DITCHJUUL” to **88709**. This program offers youth and young adults encouragement and support to quit JUUL and other e-cigarettes.