



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
 - **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.
- **Suorin** devices cost \$19.99 - 59.99.

Youth Use

Many youth use JUUL or Suorin. It is easy for them to get hooked.

- One JUUL pod has the same level of nicotine as 200 cigarette puffs (a pack of cigarettes) but:
 - Many youth take big puffs and breathe in deep.
 - They finish pods faster than 200 puffs.
- Youth get a lot of nicotine from these devices
 - The salt e-liquids give a strong dose of nicotine with each puff.
- Nicotine can cause:
 - Heart rate and blood pressure to go up
 - Blood vessels to get narrow

If you or someone you know wants to quit, check out the tips on the back!

JUUL



Suorin Air

Suorin Drop





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 are 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!