



## 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.
- 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 page 2!

**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 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.