

THE DANGERS OF JUUL E-CIGARETTES



What is a JUUL?

- A version of an e-cigarette and resembles a traditional cigarette in terms of size and weight
- Constructed to mimic the look of a USB stick, which makes it easy for to use without being noticed
- Can charge the device with a laptop
- Small enough to fit enclosed in a hand and comes with flavors like mango, mint, and fruit medley
- JUULs can be modified to smoke marijuana oil or other drugs (similar to many e-cigarettes/vapes/mods)
- Verb - JUULing

Are they safe?

- One JUUL pod contains as much nicotine as one pack of cigarettes, or 200 puffs (juulvapor.com)
- Nicotine is a highly addictive drug and may lead to a person smoking traditional cigarettes.
- Not currently sold in any other levels of nicotine
- Not proven to be effective for smoking cessation.
- Should be considered similar to an e-cigarette
- Fall under the e-cigarette definitions in ND laws.

What are we hearing?

- Becoming increasingly popular at the middle and high school levels
- Parents/teachers/coaches should be watching for this device

