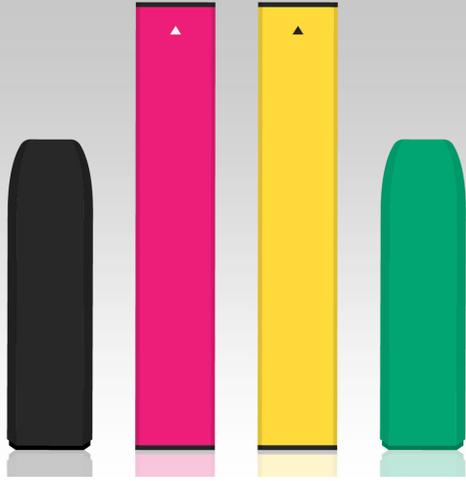


JUNE 2020

QUIT BRIEF



AVOID DISPOSABLE E-CIGS

Are more Service members at your installation or unit using disposable e-cigarettes? New policies in place [ban current sales](#) of certain flavors of some types of e-cigs. This ban does not include disposable products and as a result, Service members may turn to these for a fruity or minty nicotine fix. Use this information when communicating with Service members to make sure they understand the dangers of disposable e-cigs and steer clear of them.

- **What are disposable e-cigs?** Disposable e-cig devices are pre-charged and pre-filled with e-liquid. Once the liquid that produces the vapor runs out, it can't be used again. Some disposable brands include Puff Bar and MOJO.
- **Disposable devices can be just as harmful as other tobacco products.** Just because they're disposable doesn't mean they are any less harmful. In fact, one disposable device has as much or more nicotine as one pack of cigarettes.
- **Disposable e-cigs contain a type of nicotine that may lead to increased product use.** Some e-cigs, including disposable devices, contain nicotine salts which allow high levels of nicotine to be inhaled more easily and with less irritation. This might make Service members see vaping as more pleasant and thus increase their use.
- **Service members are not allowed to use these products in places that are not designated tobacco use areas (DTUAs).** Disposable devices don't smell like cigarette smoke and are easy to hide. However, like other tobacco products, they can only be used at DTUAs.
- **Disposable e-cigs are not an effective way to quit smoking.** Some Service members may believe that traditional and disposable e-cigs are a better option than cigarettes. Remind them that they are not healthier and are not a proven cessation technique.

Don't let Service members be fooled by disposable e-cigs. Let them know they can follow these six steps to [quit vaping for good](#) instead. Find more information about tobacco and e-cigarettes [here](#).

The Campaign

YouCanQuit2 has a [new campaign overview video!](#)

Download the video and consider how you can use it at your installation to let Service members know about YouCanQuit2 (think: playing it at fitness centers, MTF waiting rooms, the commander's channel, link on your website or stand-down, etc.). We would love to know how you used the video, [let us know!](#)



Let Service members know there's also a new YouCanQuit2 article with findings from the [U.S. Surgeon General's Report](#) and advice on how to quit smoking.

ONE LAST THING

With COVID-19 changes potentially making everyday life more challenging, remind Service members that there are better ways to cope than turning to tobacco. Share these [quick ways to beat stress](#). If they want to talk to someone, [Military OneSource](#) is available 24/7 to provide non-medical counseling and support. To connect, call 800-342-9647 or use the [live chat](#) resource.

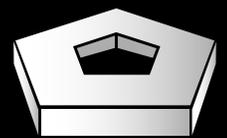


YOU CAN QUIT 2

ycq2.org

Share how you use our resources to promote tobacco cessation on your installation.

[Contact Us](#) | [Email to Unsubscribe](#)



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