NICOTINE MORE HARMFUL THAN YOU THINK

NO AMOUNT IS SAFE FOR YOUTH

It’s highly addictive.  
It harms the health of unborn children.  
It can harm adolescent brain development.

MORE KIDS ARE USING E-CIGARETTES

Among Minnesota students, e-cigarette use is now more than double cigarette use.

Nearly all e-cigarettes contain nicotine.

Minnesota’s 11th Graders

17.1% Use e-cigarettes

8.4% Use cigarettes

TAKE STEPS TO PROTECT YOUTH

Know the facts about nicotine.

Talk to your kids about the risks.

Learn more online at health.mn.gov/nicotine.

MDH Minnesota Department of Health