

# WHAT TO KNOW ABOUT VAPING AS A SERVICE MEMBER

Some people may turn to vaping because they think it's safer than other tobacco products like cigarettes, or turn to CBD to ease anxiety or stress. People can also think they're vaping nicotine when they're really vaping something with CBD.

**Whether it's nicotine or CBD, get the facts about vaping before you put yourself at risk!**



## Vaping CBD

CBD comes from hemp, marijuana or can be made in a lab. It's available in many forms including vape oils.

### Vaping CBD may:

- Cause a positive drug test since it may contain synthetic cannabinoids, THC or other illegal or prohibited substances.
- Be sold at tobacco shops, whether it's advertised as an ingredient or not, and mistaken for e-liquid that contains nicotine.
- Include terms like "tobacco free" or "nicotine free" because those products may contain prohibited substances (like CBD or hemp).

### **BOTTOM LINE:**

Vaping CBD is prohibited for Service members, no matter the THC level or legal status, and comes with serious risks. Read the label and ask what's in a product to stay safe. If you're not sure, don't use it.

## Vaping Nicotine

Nicotine is a chemical found in the tobacco plant or made in a lab that is addictive and harmful.

### Vaping nicotine can:

- Impact military readiness (like causing wounds to take longer to heal and impairing night vision).
- Harm parts of the brain that control attention, learning and impulse control.
- Prolong addiction if someone switches to e-cigarettes and vapes to quit traditional forms of tobacco, since that is not a proven cessation technique.

### **BOTTOM LINE:**

Vaping nicotine can poorly impact a Service member's health, lifestyle and readiness. It can be avoided by never starting to vape or quitting vaping for good.

**Whether it's nicotine or CBD, vaping of any kind is harmful. Learn more by visiting [Too Much to Lose](#) and [YouCanQuit2](#).**

