VAPE: QUIZ

Multiple Choice Questions: (circle one)
1. Can vaping negatively affect your health?
   A. Yes
   B. No
2. What are some reasons people start vaping?
   A. Friends are doing it
   B. Flavors
   C. Stress
   D. All of the above
3. Is it hard to quit vaping?
   A. Yes
   B. No
4. What is true about e-cigarettes? It is:
   A. An electronic nicotine delivery device
   B. Advertised and targeted to youth
   C. A fire hazard
   D. All of the above
5. What are some withdrawal symptoms of vaping?
   A. Difficulty sleeping
   B. Excessive thirst
   C. Difficulty concentrating
   D. All of the above
6. How many times a day do I need to vape to get lung/mouth damage?
   A. 4
   B. 2
   C. 10
   D. Any amount of vape can potentially cause damage
7. Is vaping really addictive?
   A. Yes
   B. No
8. What are the effects of nicotine?
   A. Makes e-juice sweeter
   B. Causes comas
   C. Primes the brain for addiction
   D. All of the above
9. How does vaping affect the heart?
   A. Increases heart rate
   B. Constricts blood vessels
   C. Increases risk of heart disease
   D. All of the above
10. True/False Questions:
    True/False Circle “T” for True and “F” for False.
    T F 10. Vaping can cause popcorn lung.
    T F 11. If someone vapes around you, you can have health consequences, too.
    T F 12. You are at risk when vaping without inhaling anything.
    T F 13. If you become addicted to nicotine at a young age, you are more likely to try and become addicted to other substances (i.e. alcohol, opioids, cocaine, etc.) down the road.
    T F 14. Vaping can cause seizures

Please scan and send completed evaluations to chna.comments@essentiahealth.org or mail your evaluations to: Community Health and Engagement, DTW-430, 407 East 3rd St, Duluth, MN 55805, Attention: Don’t Blow It
DON’T BLOW IT: ANTI-VAPING CAMPAIGN

VAPOING QUIZ: ANSWERS

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True/False Questions:

True/False Circle “T” for True and “F” for False.

10. Vaping can cause popcorn lung.  
    T  F

11. If someone vapes around you, you can have health consequences, too.  
    T  F

12. You are at risk when vaping without inhaling anything.  
    T  F

13. If you become addicted to nicotine at a young age, you are more likely to try and become addicted to other substances (i.e. alcohol, opioids, cocaine, etc.) down the road.  
    T  F

14. Vaping can cause seizures  
    T  F

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