

TOBACCO & VAPOR 21

21 IT'S THE LAW



Here are some things **18-20 year-olds** should know about the new law:

I'm 18 and I vape. What happens to 18-20 year-olds who smoke or vape now? 🤔



As of January 1, 2020, it is illegal for stores to sell you tobacco or vapor products if you are under 21, even if you have been buying since you were 18. This law does not change penalties for purchase, possession, or use. If you are 17 or younger, you will continue to face fines and penalties for purchase, possession, or use.



UNDER 21: It is now illegal for stores to sell you vapor devices, e-liquid or pods.



21+: New legal age for stores to sell you vapor devices, e-liquid or pods.



UNDER 21: It is now illegal for stores to sell you: cigarettes, smokeless tobacco, cigars, dissolvables, roll-your-own, hookah & pipe tobacco, nicotine gels



21+: New legal age for stores to sell you: cigarettes, smokeless tobacco, cigars, dissolvables, roll-your-own, hookah & pipe tobacco, nicotine gels

Why did Washington pass this new law? 🤔



More than 8,000 Washingtonians die each year due to tobacco use, and most people who smoke begin using before age 21. This law will help protect young people from the health consequences of using tobacco and vaping.

PEOPLE WHO USE TOBACCO ARE:



25 TIMES more likely to develop lung cancer.



12 TIMES more likely to die from pulmonary disease.



2-4 TIMES more likely to have heart disease or stroke.

Vaping has not been proven effective as an aid to quitting smoking, and many people vape in addition to smoking cigarettes. E-liquids can contain nicotine and substances known to cause lung disease. They also pose a poisoning risk to young children.

30% of high school seniors in Washington vaped in 2018.



100% of JUUL pods contain nicotine levels equal to a whole pack of cigarettes.



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E-liquids can contain unknown chemicals and compounds.



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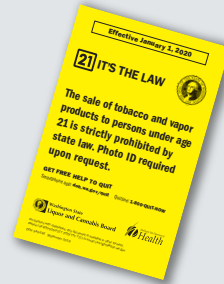


Here are some things **18-20 year-olds** should know about the new law:

My local store will probably keep selling to me if they want my business. 😊



They won't continue selling to you because the law says they can't. Selling tobacco or vapor products to people under age 21 is a gross misdemeanor and may result in criminal charges, fines, or both. Clerks and store owners are required to follow the law.



I vape now, but might want to quit. How can I do that? 😊



Go to **doh.wa.gov/quit**. Remember, the nicotine in tobacco and vapor products is extremely addictive, like cocaine or even heroin. That's why it can take several attempts to successfully quit tobacco. However, the more times people try to quit, the more likely they are to succeed on their next try.

You can download an **app** to help you quit, plus learn about other **options**:



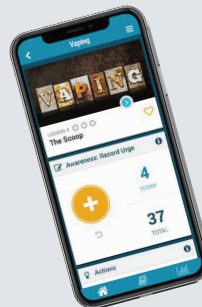
Talk with a **Quit Coach**. Call the Washington State Tobacco Quitline or register at **quitline.com**.



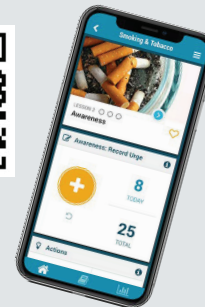
WASHINGTON STATE TOBACCO QUITLINE

1-800-QUIT-NOW

1-800-784-8669 | quitline.com



(scan the QR code above)



In addition to self-help materials like the app, and counseling resources like the Quitline, medication and other quitting resources may be available to you. Visit: **doh.wa.gov/quit**

