## Parents/Guardians

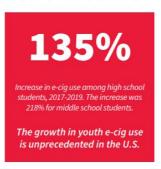
Let's seize this COVID-19 quarantine opportunity to talk with our youth about the harms of vaping and smoking. San Marcos youth vaping has increased 50% in the past year (CHKS, 2019). Those who smoke/vape and get COVID-19 are at a greater risk to be very sick, than non-smokers/vapers.

**Step 1:** Know the facts

Step 2: Know how to begin a conversation

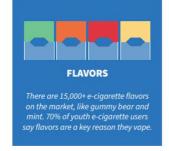
## THE PROBLEM.







## **HOW WE GOT HERE.**







## THE RISKS TO YOUTH.









Other resources: "This is Quitting" program.

The first ever text-to-quit vaping service for youth. It's super easy, completely free, and available 24-7 to help with cravings, stresses, and slips.

