

POUCHES COME WITH HYPE. AND HIDDEN HARMS.

WHAT YOUTH
SHOULD KNOW



MYTH

Nicotine pouches aren't bad for your oral health.

FACT

Nicotine pouches can damage your mouth. They irritate your gums and the spot where they sit. Over time, this can lead to sore areas, gum problems, and other oral-health issues.

Quitting Is the Best Thing You Can Do for Your Health
NO NICOTINE PRODUCT IS SAFE FOR YOUTH.

If you want to quit, support is available.

• Contact the **Smokers' Helpline** for free and anonymous support. Call toll-free:

1-877-513-5333 or visit smokershelpline.ca

• Email or call PEI's **free quit smoking program** at quitsmoking@ihis.org /902-368-4319

Take a
Breath
LIVE WELL PEI

