


# BUSTING DRUG MYTHS



**MYTH:** Vaping is harmless.



**FACT:** Some e-cigarettes, like Juul, contain as much nicotine as a pack of cigarettes. Both smoking tobacco and vaping e-cigarettes can expose you to cancer-causing chemicals and heavy metals.

**MYTH:** Edibles are safe because you don't smoke them.

**FACT:** Taking edibles can lead to sickness, anxiety and panic attacks. This is because you can't always tell how much weed is in an edible, and since it can take hours to feel its effects, it's easy to take too much.

**MYTH:** Taking pills like OxyContin, also known as Oxys, and Xanax is OK because they are prescribed by doctors.

**FACT:** Taking pills that aren't yours or taking more than prescribed is illegal, and can lead to addiction and overdose. Pills and drugs sold on the street or online, such as heroin, cocaine and molly, may contain fentanyl. Fentanyl is a dangerous opioid drug you cannot see, smell or taste.



## TIPS:

If you or someone you know has a problem with using drugs, vaping or drinking, talk to someone who can help, such as a school counselor, family member or trusted friend.

Drinking, vaping and using drugs can limit your ability to do the things that are important to you. It is OK to wait until you are older to make decisions about using drugs and alcohol.

Visit [nyc.gov/health](http://nyc.gov/health) and search alcohol, drugs and smoking to get the facts.