## MUXUU YAHAY JUUL?





JUUL waa nooc ka mid ah sigaarka elektarooniga ah oo u qaab eg USB flash drive. Waxa jira in ka badan 460 nooc oo sigaar elektaroonig ah. JUUL waa nooc caan u ah ardayda dugsiga dhexe iyo sare.



Hal madax oo Juul ah (JUUL pod) waxaa ku jirta nikotiin la mid ah inta ku jirta hal baakad oo 20 sigaarka caadiga ah.



Nikotiin wuxuu waxyeeli karaa maskaxda dhalinta ee koraysa, koritaanka maskaxduna wuu sii soconayaa ilaa da'da qofku gaarto 25 sano.



Intii u dhaxeysay Agoosto 2019 iyo Febraayo 2020, waxaa jiray in kabadan 2,800 qof oo isbitaal loo dhigay ama u dhimatay wadanka oo dhan sababo la xiriira dhaawaca sambabada oo uu sababay sigaarka korantadu.

## Kala hadal dhalinyarada khatarta sigaarka elektarooniga ah.

Source(s): https://www.cdc.gov https://www.drugabuse.gov

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## WHAT IS JUUL?





JUUL is a brand of e-cigarette that is shaped like a USB flash drive. There are more than 460 e-cigarette brands. JUUL is a very popular brand amongst middle and high school students.



A single Juul pod contains as much nicotine as a pack of 20 regular cigarettes.



Nicotine can harm the developing adolescent brain, and brain development continues until about age 25.



Between August 2019 and February 2020, there were more than 2,800 hospitalization and deaths nationwide because of lung injury related to vaping.

## Talk to youth about the dangers of e-cigarettes.

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