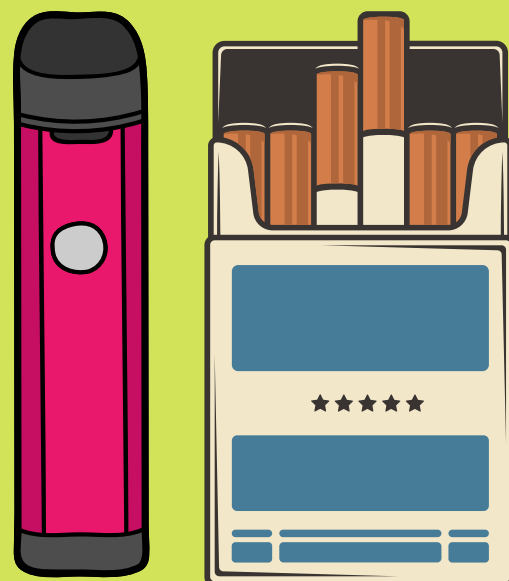


VAPING IS NOT HARMLESS

KNOW THE FACTS...

ONE 20MG (2%) DISPOSABLE VAPE CONTAINS THE SAME AMOUNT OF NICOTINE AS 20 CIGARETTES



IF YOU VAPE, LIMIT YOUR USAGE. USE VAPES WITH LOW OR NO NICOTINE

VAPES ARE TOXIC TO THE ENVIRONMENT AND NEED SPECIAL RECYCLING



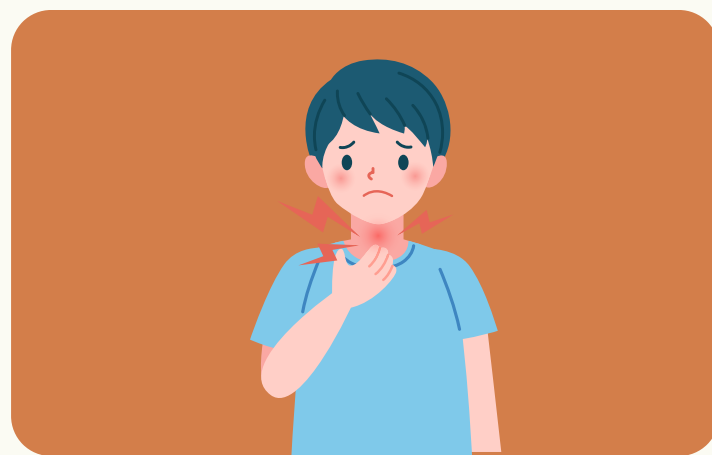
THEIR LITHIUM BATTERIES CAN BE A HUGE FIRE HAZARD



SIDE EFFECTS OF VAPING



Nicotine addiction



Throat Irritation



Dizziness and headaches



Coughing or shortness of breath



NICOTINE CAN CAUSE:

Sleep problems

Mood swings

Anxiety

Irritability

**IT'S BEST TO
NOT START AT
ALL!**

IT IS ILLEGAL TO BUY VAPES FOR, OR SELL VAPES TO UNDER 18S

If you are a young person living in Highland and would like free and confidential support around smoking or vaping contact:

www.smokefreehighland.scot.nhs.uk

SCAN ME

