

Vaping is **not** harmless

Know the facts...

Short-term vape use can be a really useful tool to quit smoking tobacco, but we don't know the **long-term risks**.

Current research suggests that vaping is **less harmful** than smoking tobacco.

If you have never smoked, don't start vaping

One 20mg (2%) vape pod 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