

Vaping is **not** harmless

Know the facts...

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

Nicotine can cause...

Sleep problems

Mood Swings

Irritability

Anxiety



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

