## 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.

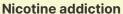


Their lithium batteries can be a huge **fire hazard**.



## Side effects of vaping







**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

