

# THE FACTS ABOUT VAPING

Vapes are electronic devices designed to produce an aerosol you breathe into your lungs.

Vapes can contain harmful chemicals that aren't listed on the pack. When inhaled, the aerosol from vapes can contain over 200 chemicals. Vapes almost always contain nicotine, even if the label doesn't say so.

A misunderstanding about vapes is that they are harmless compared to cigarettes.

This is not true. **Vapes are not safe.**

## DO YOU KNOW WHAT YOU'RE VAPING?

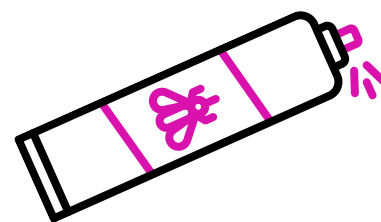


Almost all vapes contain nicotine making them **very addictive.**



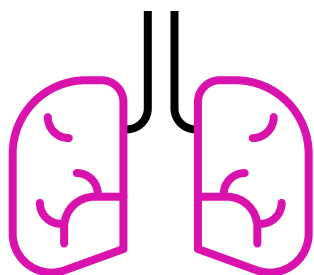
The nicotine in a 6,000 puff vape can

**= MORE THAN 400 cigarettes**



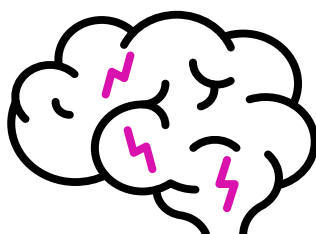
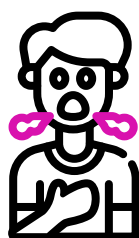
Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

## VAPES ARE A RISK TO YOUR MENTAL AND PHYSICAL HEALTH



Some chemicals in vapes can **cause cancer, heart disease and lung disease.**

Vaping can **reduce your fitness.**

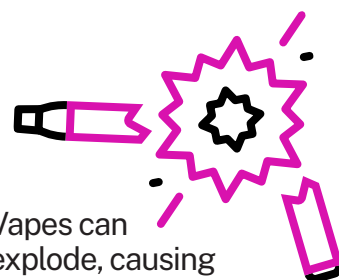


Nicotine can cause changes to your **brain development**, and negatively affect **learning, concentration and memory.**

Vaping can increase your risk of **depression and anxiety.**



If you vape you are **5 times** as likely to take up smoking cigarettes.



Vapes can explode, causing **serious burns.**



# VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (such as strawberry-watermelon, blueberry ice, grape, mango magic and banana buzz) and colourful packaging used for vapes make them appealing. **Almost all vapes contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine.



## MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that **4 in 5 young people do not vape.**

### THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

***This can mean feeling irritable or anxious, as well as craving to vape.***

You may also experience a lack of concentration when you can't vape, and you can have trouble sleeping. You may want to reach for your vape first thing in the morning.

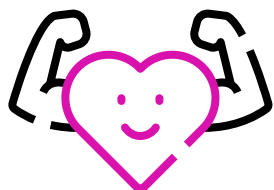
### SPEAK UP IF YOU ARE WORRIED



When it comes to vaping, if you are worried about yourself or a friend, there is help available. Speak to a trusted adult, see your GP, youth health services or other health services for help quitting vaping.

Individualised support is also available through the Pave app, which has been uniquely designed to keep you on track with your quit attempt. Learn more and download the app at [cancer.nsw.gov.au/pave](https://cancer.nsw.gov.au/pave).

You can also call [Quitline](https://www.quitline.nsw.gov.au) on **13 7848**.



### GOOD REASONS NOT TO VAPE

You don't want vaping to come between you and your friends.

***Have a reason or two that you can tell your mates why you don't want to vape.***

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "I don't want to get hooked on nicotine like a smoker" or "I don't want to waste my money" or just "no, thanks, that's not my thing".

### ILLEGAL SALE OF VAPES

It is illegal for retailers, except for pharmacies, to sell vapes to people of any age. It is also illegal to sell vapes to friends or contacts on social media.

Vapes are only available from pharmacies as a tool to help quit smoking and even then pharmacists or doctors will explain the risks of using vapes to patients. People under 18 years of age also need a prescription from a doctor.

There are retailers who might sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



Do you know what you're vaping?  
Get the facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

