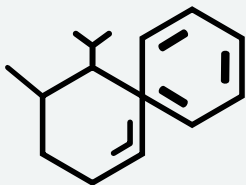


## VAPING FACTS

✓ *Using a vape is less harmful than smoking tobacco products but they aren't risk free*



- There is still a lot we don't know about vapes and it will be some time until studies can show the long term impact and risks of using vapes.
- Current evidence suggests that they are less harmful than smoking tobacco

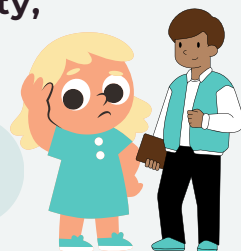


*Most vapes contain nicotine. This is a highly addictive substance.*



- Nicotine is the same stimulant substance that is found in tobacco.
- A 2% or 20mg nicotine vape, has approximately the same amount of nicotine as 20 cigarettes
- Withdrawal from nicotine can cause irritability, restlessness and trouble sleeping.

✓ *Vapes are NOT suitable for children and young people*



- It is illegal to sell a vape to a person under the age of 18.
- Vaping is highly addictive, and can affect attention, mood and learning capacity in children & young people.

***Disposable vapes are damaging  
our environment***

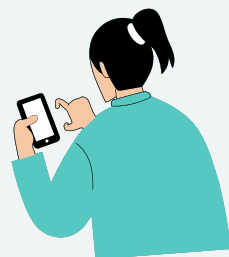


- Many vapes contain steel, plastic and lithium batteries. These materials can take a very long time to decompose if they are not disposed of correctly.
- Vapes have been known to explode and start fires. Ensure you use them according to the manufacturers instructions.



***Vapes can be useful as a way of  
quitting smoking***

- If you use vapes instead of smoking cigarettes, this might help you become smoke-free.
- Adults and young people who do not smoke should not use vapes.



***Support is available***



**If you want to learn more about vaping you can  
visit [www.nhsinform.scot/campaigns/vaping/](http://www.nhsinform.scot/campaigns/vaping/)**

