

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%) DISPOSABLE VAPE 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