

VAPING IS NOT HARMLESS

KNOW THE FACTS...

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



NICOTINE CAN CAUSE:

Sleep problems

Mood swings

Anxiety

Irritability

ITS 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

