

# VAPING AND E-CIGARETTES THE FACTS



**NICOTINE VAPES CAN HELP ADULT  
SMOKERS TO STOP SMOKING.**

**SMOKING CAUSES DISEASE AND EARLY DEATH.**

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



**BUT VAPES ARE NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.  
DON'T SMOKE? DON'T START TO VAPE.**

