VAPING AND E-CIGARETTES THE FACTOR

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.











Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

talktofrank.com viaorg.uk/services/redbridge-quits-smoking