

# THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called ‘vapes’, are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren’t listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

## DO YOU KNOW WHAT THEY’RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

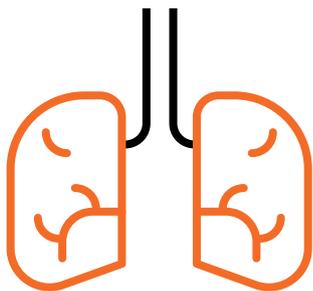


FRUITY

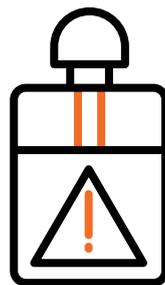
The nicotine in 1 vape can  
**= 50**  
**cigarettes**



Young people who vape are **3 times** more likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**

