

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.**



**Be
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ash.
action on smoking and health

talktofrank.com
bhb.maximusuk.co.uk

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