

Vaping: the facts

Fact:

Vapes contain nicotine

- Nicotine is highly addictive. It can be hard to stop once you have started and can affect your mental health.
- Nicotine cravings can make you irritable, cause anxiety and headaches, and affect your sleep and concentration.

Fact:

Vapes have health risks

- Short-term effects can include coughing, headaches, dry mouth and throat.
- Asthma symptoms may get worse.
- We don't yet know the long-term effects of vaping.

**If you
don't smoke,
don't start
to vape.**



Fact:

Vapes harm our environment

- Vapes contain plastics, metals and lithium batteries that can damage the environment.
- Vapes cannot go in your rubbish or recycling bin. Their batteries can cause serious fires if put in the wrong bin.
- They can be recycled at a local household waste recycling centre or using a take-back scheme at a local vape store or supermarket.

Around
5 million
single-use vapes are
thrown away every week
in the UK – that's
8 per second



Vaping can be a helpful tool for adults to quit smoking and is less harmful than smoking.

Fact:

It is illegal to sell vape products to under 18s

- Retailers that do can be prosecuted.
- It is also illegal for adults to buy nicotine vapes for under 18s.
- Despite this, vapes are often packaged and marketed deliberately to appeal to younger people.



Fact:

Illegal and unchecked vapes are being sold in the UK

- They can contain much more nicotine than the legal limit (which is 20 mg/ml or 2%), and we don't know what else is in them.
- High nicotine levels can cause a racing heart, sickness and vomiting, headaches, and weakness.
- Battery explosions and fires from unregulated faulty vapes can cause serious injuries or burns.



Report:

Report shops selling vapes to under 18s or illegal vapes at citizensadvice.org.uk/consumer or call **0808 223 1133**.



Most children and young people don't vape or smoke. If you don't smoke, don't start to vape.

Recycle:

All types of vapes can and should be recycled but cannot go in the recycling bin. You can take them to a reuse and recycling centre:

Camden: Regis Road, NW5 3EW

Islington: 40 Hornsey Street, N7 8HU

Some supermarkets and other local shops have take-back schemes and some vape brands have a postal return scheme.



Visit:

For more information, visit
[nlwa.gov.uk/reducereuserecycle/recycle/
whatcanwecycle/vape](https://nlwa.gov.uk/reducereuserecycle/recycle/whatcanwecycle/vape)



Check:

Check if a vape is regulated and sold legally in the UK at vape-click.com