



Vaping

1

Vapes contain **nicotine**

- **Nicotine** is very addictive – this makes it hard to stop vaping once you have started
- Some vapes have high levels of nicotine in them – these are illegal vapes



This can affect your mental health – craving nicotine can

- make you irritable
- cause anxiety and headaches
- and can affect your sleep and concentration



2

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





3

The environment

Vapes contain plastics, metals and batteries that can damage the environment



4

Recycling

- vapes can't go in your rubbish or recycling bin – they can cause fires if you put them in the wrong bin



- you can recycle vapes at a local household waste recycling centre or ask your local vape store or supermarket if they have a take-back scheme



Vaping can be helpful for adults trying to quit smoking because it is less harmful than smoking

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