

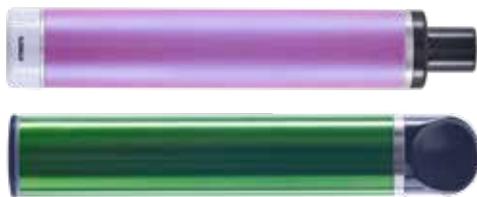
# THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes (e-cigarettes) or 'vapes' available.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes.

**This is not true. E-cigarettes are not safe.** Spotting e-cigarettes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of e-cigarettes is a first step to help protect young people from the risks of vaping.

## COMMON E-CIGARETTES



Disposable e-cigarettes are the most common types used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these e-cigarettes contain nicotine, despite often not being labelled as containing nicotine.



E-cigarettes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

## WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit [www.sahealth.sa.gov.au/vaping](http://www.sahealth.sa.gov.au/vaping)