

THE FACTS ABOUT VAPING

E-cigarettes or 'vapes' are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in.

E-cigarettes aren't water. The main ingredient in e-cigarettes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. E-cigarettes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes. This is not true. **E-cigarettes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?



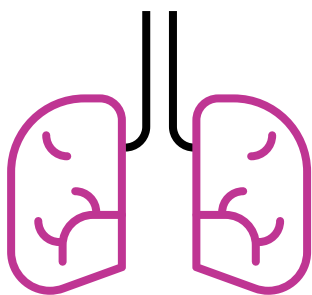
Many e-cigarettes contain nicotine making them **very addictive**



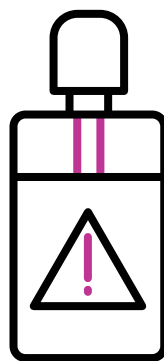
The nicotine in 1 e-cigarette can
= 50 cigarettes



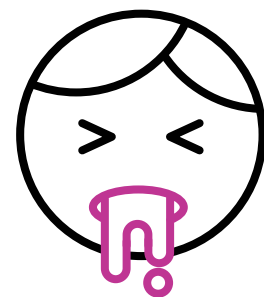
If you vape you are **3 times** as likely to take up smoking cigarettes



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



E-cigarette aerosol **is not water vapour**

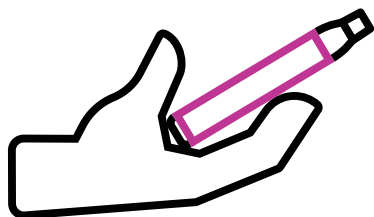


E-cigarettes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

E-CIGARETTES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for e-cigarettes make them appealing. **Many e-cigarettes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. e-cigarettes are a new way to get young people addicted to nicotine, which is often difficult to quit.



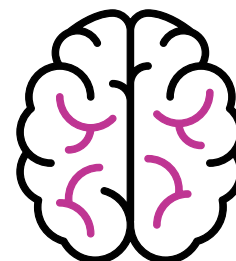
MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that the majority of young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of e-cigarettes are just starting to emerge.**

Any take up of vaping by young people is worrying.

NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many e-cigarettes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory. Often, e-cigarettes have nicotine despite being labelled as not.

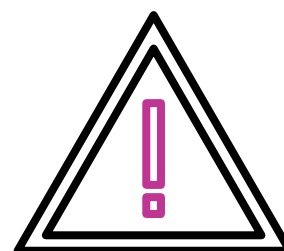
RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

E-cigarettes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **E-cigarettes have been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from an e-cigarette you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

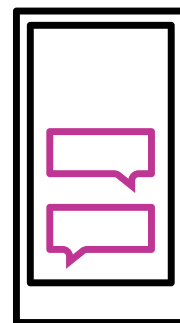
E-cigarettes have even been known to explode causing serious burns.



SELLING E-CIGARETTES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell or supply any e-cigarette to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell e-cigarettes to friends or contacts under 18 on social media.**

There are a number of retailers who might illegally sell you e-cigarettes. This is a crime.



THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from e-cigarettes is the same as for smokers.

This can mean feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled. Most e-cigarettes contain nicotine – they just don't put it on the pack.

Remember that nicotine is a poison. Given the poor labelling, it is safest to assume that all e-cigarettes contain nicotine and to keep them out of the reach of small children.



GOOD REASONS TO NOT VAPE

Remember most young people don't smoke or vape. You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "E-cigarettes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".

SPEAK UP IF YOU'RE WORRIED

When it comes to vaping, if you are worried about yourself or a friend, speak to a trusted adult so they can support you to find professional help should you need it.

WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit www.sahealth.sa.gov.au/vaping



Government
of South Australia

SA Health