

# VAPING AND E-CIGARETTES THE FACTS



**MOST CHILDREN AND YOUNG PEOPLE**

## DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE  
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

**HARMFUL FOR THE ENVIRONMENT.**

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!

# DON'T SMOKE? DON'T START TO VAPE.

