



Australian Government

**GIVE UP
FOR GOOD**

Factsheet

Give up vaping for good



E-cigarettes, also known as vapes, are devices that deliver an aerosol by heating a liquid that users breathe in.

People commonly refer to this aerosol as 'vapour', and to using an e-cigarette as 'vaping'.

Vapes are not safe and can lead to serious health outcomes.

What is in a vape?

Most vapes in Australia contain nicotine – even when the packaging says they don't.

Nicotine is a highly addictive and toxic drug that can impact attention, learning, memory and mood.

Vapes can contain over 200 different chemicals. These can include cancer-causing agents, such as:

formaldehyde (used in industrial glues and for preserving corpses in hospitals and funeral homes)

acetone (generally found in nail polish remover)

acetaldehyde (used in chemicals, perfumes, and plastics)

acrolein (commonly found in weedkiller)

heavy metals like nickel, tin, and lead.

They can also contain:

propylene glycol – a solvent used in fog/smoke machines

polyester (plastic) compounds

anti-freeze – used in the coolant of a car

vegetable glycerin – a liquid from vegetable fat.

When you vape, it's not just you who is exposed to these chemicals. The people around you are too.



How vaping affects your health

The known health risks associated with vaping include:

irritation of the mouth and airways

persistent coughing

nausea and vomiting

chest pain and palpitations

poisoning and seizures from inhaling too much nicotine or ingestion of e-liquid

burns or injury caused by e-cigarette overheating or exploding

nicotine dependence

respiratory problems and permanent lung damage.

How vaping can affect your mental health

Vaping can make mental health issues like anxiety and depression worse, but quitting can improve your mental health.

If vaping is impacting your mental wellbeing, there is help available. You can talk to your GP or a health professional or try one of these organisations.

13YARN www.13yarn.org.au or phone 13 9276

Beyond Blue www.beyondblue.org.au or phone 1300 224 636

Head to Health www.headtohealth.gov.au or phone 1800 595 212

Headspace www.headspace.org.au or phone 1800 650 890

Vaping and smoking

People who vape and smoke may be exposing themselves to even higher levels of dangerous chemicals and further risk and health complications.

If you are, or are thinking about, vaping to help you quit smoking, talk with your doctor – they can provide advice about options suitable to your personal circumstances to help you quit smoking and vaping for good.

The benefits of quitting

There are many benefits to giving up vaping. Your health will improve, and you will be free from nicotine dependence.

You'll save money and reduce damage to the environment from the plastic, electronic waste and toxic chemicals in e-cigarettes.

How to quit

It is never too late to quit vaping.

Each time you resist a craving you are one step closer to giving up for good.

There is lots of support available to help you quit vaping. There are multiple ways to quit and for many, a combination of quit methods is most successful.

Quit support services are proven to help people quit nicotine – for vaping as well as smoking – no matter how long you've been doing it.

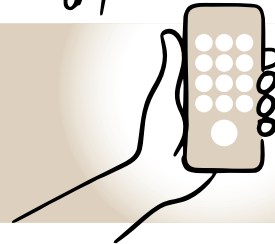


Some options for support that can help you give up vaping for good, include:

Talking to your doctor, pharmacist or other health professional about the different options available to you, including medications that can reduce cravings and feelings of withdrawal.



Calling Quitline on **13 7848** for confidential advice and support from professional counsellors. You can even request a free callback for a time that works for you.



Visiting Quit.org.au for tips and strategies to help you quit and information on what to expect during the quitting process.



Downloading the free and newly updated **My QuitBuddy** app to access evidence-based information, new quit tips and distractions from cravings.



My QuitBuddy

Vaping reforms

In Australia, you can only buy nicotine vaping products if you have a prescription from a doctor or nurse practitioner. Only pharmacies are allowed to sell these products.

The Australian Government has announced new laws to ban vapes within Australia, unless they are supplied in pharmacy settings for therapeutic purposes and meet stronger regulatory requirements.

Some of these laws will commence later in 2024, and some have already changed. Since 1 January 2024, it has been illegal to import any disposable single use vapes.

Most vapes are used with nicotine, and the requirement for a prescription to use nicotine vaping products remains in place.

Once fully implemented, the changes affect the:

- import
- availability and sale of vaping products and liquids (including nicotine and non-nicotine)
- advertising
- packaging, labelling, and ingredients of vapes.

The Therapeutic Goods Administration (TGA) is implementing most of these changes.

For more information visit



health.gov.au/GiveUpForGood

Quitline
137848