

# VAPING

ARE YOU REALLY  
CHOOSING ANYMORE?



Australian Government  
Department of Health  
and Aged Care

**GIVE UP  
FOR GOOD**

## Facts about vaping and how to quit

Vaping is on the rise in our communities, putting our friends, family and us at risk of nicotine addiction. Find out about the facts our mob need to know on vaping and where to get support to quit.

### What is vaping?

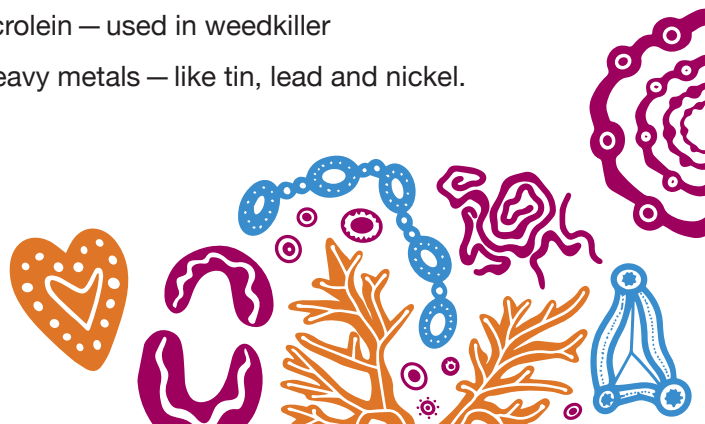
Vaping means using an e-cigarette or 'vape', a battery-powered device that can look like a smoke, a cigar, a pipe, or stuff like highlighters or USBs. The aerosol (mist or vapour) from vapes comes from heating up liquid chemicals that you breathe in.

### What's in illegal vapes?

Over 200 different chemicals have been found in illegal vapes. Most illegal vapes in Australia contain nicotine — even when the packaging says they don't.

Vapes can have dangerous substances in the liquids and the aerosols. Some chemicals found in vapes are known to cause cancer, like:

- Formaldehyde — used in industrial glues
- Acetone — used in nail polish
- Acetaldehyde — used in plastics, chemicals and perfume
- Acrolein — used in weedkiller
- Heavy metals — like tin, lead and nickel.





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## What do vapes do to your health?

Short and long-term vaping is dangerous to your health. You might:

- get sore lungs and throat
- start coughing and wheezing
- have trouble breathing
- feel puffed out
- feel queasy
- get nicotine poisoning
- get hooked on nicotine, and
- hurt your lungs for good.

The nicotine in vapes is highly addictive and may also affect your mental health.

## Why should I quit the vapes?

Quitting the vapes is a big step towards better health and beating nicotine addiction. You'll have more money to spend on other things you like doing. Plus, it's better for the environment.

Quitting vaping can improve your physical and mental wellbeing.

If you're trying to quit, you might be having cravings and find it difficult to give it up. This is normal. Remind yourself why quitting is good for you and remember that it's okay if it takes a few tries to be completely vape-free — keep going!

## Should I use vapes to quit smoking?

There is little evidence to say that switching to vapes will really work to help you quit smokes. Before you quit smoking, speak to a health worker, doctor or pharmacist. They usually get you to try other things first like patches, gum, oral sprays, inhalers and lozenges or tablets.

Quitting smoking can be hard and it can take a few goes. But don't give up — there are lots of services and resources available to help you on your journey.

## For help and support:

- Have a yarn to your local health worker, doctor or pharmacist. They can help with medicine to lower cravings and feelings of withdrawal.
- Call the **Quitline** on **13 7848** and ask to yarn in private to an Aboriginal and Torres Strait Islander counsellor.
- Share your quit story with a family member or friend you trust to give you support.
- Go online to **quit.org.au** for information and resources to help your quit journey.
- Download the free and new version of the **My QuitBuddy** app — for quit tips and craving distractions.

## Changes to vaping laws in Australia

In Australia, vapes can only be sold by pharmacies to help people stop smoking or manage nicotine dependence. Other shops cannot sell vapes or vaping stuff.

From 1 October 2024, people 18 years and older can buy a vape from a participating pharmacy without a prescription, where state and territory laws allow. They'll need to talk to a pharmacist before purchasing.

People under 18 years continue to need a prescription, where state and territory laws allow.

**For more information visit:**  
**tga.gov.au/vaping-hub**

For help and support:



**health.gov.au/GiveUpForGood**

