



DID YOU KNOW VAPING MIGHT MAKE YOU:



**HAVE TROUBLE
BREATHING**

**GET SORE LUNGS
AND THROAT**

**HURT YOUR
LUNGS FOR
GOOD**



ICK!

**GET HOOKED
ON NICOTINE**

**GET NICOTINE
POISONING**



**START
COUGHING
AND WHEEZING**

**FEEL
QUEASY**



FEEL PUFFED OUT



**BIG
YIKES**



JOIN THE REST OF OUR MOB QUITTING THE VAPES

FIND HELP TO QUIT

health.gov.au/vaping/first-nations



My QuitBuddy



Australian Government

Department of Health and Aged Care