



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 physical health

Vapes can have high levels of nicotine and may contain over 200 harmful chemicals. The known health risks associated with vaping include:

- irritation of the mouth, gums and airways
- persistent coughing
- feeling nauseous
- shortness of breath and wheezing
- nicotine poisoning which can cause 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 lung damage
- increased blood pressure during use and for a short time after
- poor sleep quality, resulting in feeling tired
- temporary loss of taste or change in taste.

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 22 4636

Medicare Mental Health

www.medicarementalhealth.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 of 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's never too late to quit vaping.

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

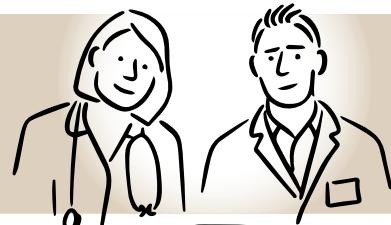
There is lots of support available to help you quit vaping. There are multiple ways to quit and for many, a combination of quit methods is most successful.

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.

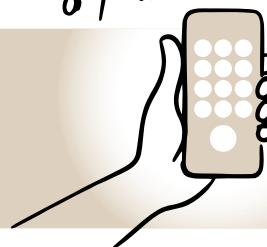


Whether you're thinking about quitting or need help staying nicotine-free, there are a wide range of updated resources and services designed to help you succeed.

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 a range of tools, quit tips and reminders to overcome cravings and stay on track.



For more information visit

health.gov.au/GiveUpForGood

Quitline
13 7848