



VAPING?

BIG YIKES

IT'S GAMMON.



DID YOU KNOW VAPING MIGHT MAKE YOU:



**HAVE TROUBLE
BREATHING**

**FEEL
ANXIOUS
OR IRRITABLE**



**GET HOOKED
ON NICOTINE**



**DAMAGE
YOUR
LUNGS**



**START
COUGHING
AND WHEEZING**

**GET NICOTINE
POISONING**



**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