

VAPING
PUFF AFTER PUFF
DOES HARMFUL STUFF

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?

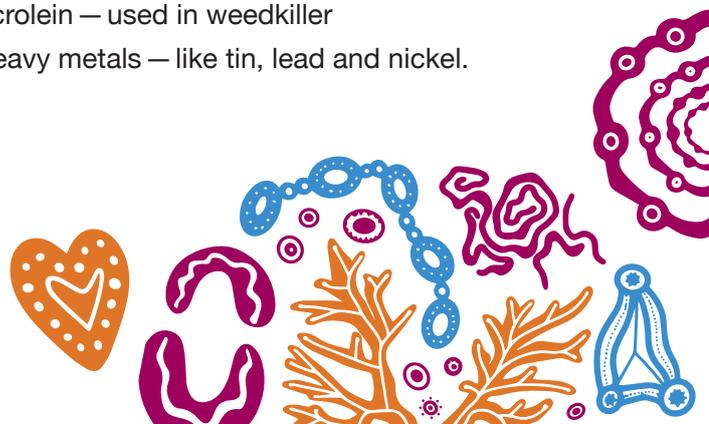
Vaping means using an e-cigarette or 'vape', a battery-powered device that can look like a smoke, a cigar, a pipe, or stuff like highlighters or USBs. The aerosol (mist or vapour) from vapes comes from heating up liquid chemicals that you breathe in.

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.



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
- experience temporary loss of taste or change in taste
- have trouble breathing
- feel puffed out
- feel queasy
- experience poor sleep quality, resulting in feeling tired
- 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?

Therapeutic vapes, which are only available at participating pharmacies and under the guidance of a health professional, should only be considered if you have been unable to quit smoking using other treatment options—like NRT. Your doctor, chemist or other trusted health professional can provide advice and help to support you quitting vaping and manage nicotine dependence while you quit.

Using vapes without clinical guidance is not recommended as they can be harmful to your health and may not be an effective way for you to quit.

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 chemist. 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.

For help and support:



health.gov.au/GiveUpForGood

