

Vaping

It's a quit tool not a cool tool

If you don't smoke, don't vape

Young people who vape may experience the following side effects:



Shortness
of breath



Coughing



Headaches



Dry mouth



Sore throat

The long-term effects are still unknown.

Most vapes contain nicotine, a highly addictive drug that's easy to get hooked on and hard to stop.

Myth Busting: Vaping doesn't relieve stress, it can actually increase stress and anxiety. Nicotine withdrawal may cause irritability, sleep problems, and trouble concentrating.

Vaping is only recommended as a quit tool for adults who smoke, and it is illegal for nicotine vapes to be sold to anyone under 18 years old.



For more information on vaping, support to quit, and managing stress, scan the QR code or visit:

www.smokefreesomerset.org.uk