

Vaping and e-cigarettes The facts



Nicotine vapes can help adult smokers to stop smoking.

Smoking causes disease and early death.

Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke.



But vapes are not harmless.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



Most children and young people don't vape or smoke.