

# VAPING AND E-CIGARETTES THE FACTS



## MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

### VAPES ARE NOT HARMLESS.

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

### HARMFUL FOR THE ENVIRONMENT.

Over 8 million vapes are thrown away every week or recycled incorrectly. Vapes contain batteries and difficult-to-recycle plastics that break down in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!



Provided by



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