

VAPING HARMS

This information sheet has been designed to inform youth and health workers of the harms associated with unregulated nicotine vapes.



Headaches and Nausea

High doses of nicotine can cause headaches and make people feel sick and/or vomit.



Batteries can explode

There is a risk of batteries exploding causing burns and serious injuries.



They're bad for the environment

Disposable vapes create a lot of waste. The batteries leach toxic chemicals into soil and waterways.



Possible exposure to toxic chemicals

Unregulated vapes are often mislabelled and can contain toxic ingredients.

*Unregulated vapes refer to those purchased without a prescription, like disposable vapes.



Trouble at home or school

Vaping can cause arguments with loved ones at home. Some people get suspended or expelled from school because of vaping.



Vaping can irritate the lungs

People who vape regularly may develop a cough and experience a sore throat. People who have asthma may make their symptoms worse.



Swallowing nicotine liquid can be fatal

There have been deaths associated with ingesting nicotine e-liquids. This has mostly been small children and pets.



Developing a dependence on nicotine

Being dependent (addicted) means that people may experience withdrawal symptoms when they stop vaping. These symptoms include feeling anxious, irritable, and unable to concentrate. Dependence on nicotine can happen quickly.



Nicotine may impact mood

Some people may use nicotine because they feel it will help with stress or anxiety. But nicotine dependence can be a source of stress on its own.



Harm to others

Most of the chemicals detected in second-hand vape emissions are at very low levels. However, people nearby can still be exposed to these chemicals.



Long term harms are unknown

Vaping is still very new. In a few years time, we might find out that vaping is more harmful to our health than we currently understand.