# VAPING AND E-CIGARETTES THE FACTOR

## 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. Don't smoke? Don't start to vape.







talktofrank.com sutton.gov.uk/w/quit-smoking-1

Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)