

Episode 3

Swipe left on vapes, and swipe right for healthy lungs

You can quit vaping and stay at your best. By quitting vaping, you will be protecting the health of your lungs, heart, brain and even your teeth and gums. This is because when you quit using vapes, you are no longer exposing your body to nearly **200 harmful chemicals** that are inside vapes. By not inhaling these products, you will improve your physical health, meaning you will be able to perform better at your job, and in life.

We know that vapes usually contain nicotine, which is really addictive. Signs you have a nicotine addiction include:

- Reaching for a vape first thing in the morning
- Not being able to complete jobs or activities throughout the day without reaching for your vape

By quitting vaping, you will be breaking this addiction cycle. In addition to physical benefits, you may also have reduced feelings of stress and anxiety after quitting.

Save your money. Put the money you would spend on vapes towards something like:



An upcoming festival or gig



A night out supporting your favourite team



A holiday



A new ute



New tools



It's not too late to quit and get your lungs back on track.

Let Quitline help you ditch the vape with a range of support options. Free nicotine replacement therapy is available for Queensland residents under 30 who use Quitline. **Call Quitline today: 13 7848**



Are you still paying attention?

Learn more about vaping here.



Queensland
Government