



Vaping facts

Key points

- Vapes contain dangerous chemicals.
- Vapes can cause serious lung damage.
- Vapes are addictive.
- Vapes can harm people around you including your pets!
- Vapes are bad for Country.
- To protect your health, your community and Country, and save money - quit vaping.



What are vapes?

Vapes are battery-powered devices that may look like everyday items like pens, highlighters or USB sticks. They are filled with a liquid which usually has fake flavourings, nicotine and chemicals. The vape liquid is heated into a cloud (aerosol) that contains very small particles that are breathed deep into the lungs. The particles then move into the bloodstream, spreading the chemicals throughout your body.

Toxic chemicals in vapes

Vapes contain toxic chemicals. Some are known to cause cancer and lung damage when you breathe them in.



Nicotine - really addictive and can harm your brain's development, especially in the areas that control your attention, mood, ability to learn and behaviour. It keeps you coming back for more.



Acrolein - a dangerous poison used in weed killer.



Formaldehyde - used to preserve dead things.



Propylene glycol - found in paint and is toxic to human cells.

How does vaping affect you?

Vaping is dangerous and can cause:



nausea and vomiting



cough and other lung problems



sore mouth and throat



racing heart, chest pain



poisoning and seizures



burns



feelings of stress and anxiety

Nicotine addiction

Nicotine found in vapes is very addictive. It hits your brain super-fast, making you feel good for a bit. But when it wears off, you can feel upset or anxious and start craving more. That craving makes you want to vape again. The more you vape, the more nicotine you need to feel good.

If you try to stop, you might feel horrible because of the nicotine withdrawal.

This need for nicotine can lead to smoking and more health risks down the track.

Signs of nicotine dependence



Feeling irritated, anxious, or down



Not being able to focus or think clearly



Trouble sleeping



Thinking about vaping throughout the day



Reaching for a vape first thing in the morning



Changes in appetite

Passive vaping

Second-hand vaping is when a person (including children or even pets) breathes in the cloud (aerosol) blown out by someone vaping nearby. The cloud contains toxic chemicals that can cause:



burning or dry eyes



sore throat



headaches



cough



breathlessness

If someone is vaping inside, toxic chemicals from the aerosol cloud land on surfaces like furniture, floors, walls, clothing and toys. These chemicals stay there for a long time. Adults, children and pets come into contact with these chemicals by touching surfaces that have the chemicals on them. This is known as third-hand vaping. This is really dangerous for babies and children who might play on the floor and then put their hands or toys with chemicals on them in their mouth.

The environmental impact from vapes

Vapes are harmful to your health and our environment. Many vapes find their way into landfill or are thrown on the ground. When

this happens the toxic chemicals from vapes pollute our land and waterways. This can poison fish and affect our drinking water.



Myths and facts about vaping

Vapes are safe to use because they're just water vapour.

- False:** It isn't harmless water vapour. The vape liquid is heated into an aerosol (cloud) that contains very small particles that are breathed deep into the lungs and then move into the bloodstream, spreading dangerous chemicals throughout your body.

My vape is nicotine free so it's safe.

- False:** Vapes are often labelled incorrectly and contain nicotine when they say they don't. Even if they are nicotine free, there are still dangerous chemicals in the vape that can harm the lungs, heart and brain. Some of them are known to cause cancer.

Vaping makes you feel more stressed out.

- True:** Nicotine is a highly addictive drug. When you have nicotine, it releases chemicals that make you feel good. When it wears off you feel really irritated as your body wants more. It is the nicotine withdrawal cycle that then makes you feel more anxious.

I will never be able to quit now that I have started.

- False:** It is never too late to quit and lots of people do it. Nicotine withdrawal symptoms may make you feel bad, but it will get easier over 2-4 weeks. Speak to your doctor or Aboriginal Health Worker or contact Quitline quit.org.au 13 7848 for tips and support to quit.

Vape aerosol or cloud is dangerous for people standing close by.

- True:** Passive vaping can cause harm to other people who are near the vape cloud. If you vape inside, the chemicals can settle on furniture and the floor which can then be swallowed by children and pets touching the surfaces.

Vapes poison our waterways.

- True:** Vapes contain toxic chemicals, plastic and electronic waste. Not only do they harm your health, but they also pollute the land and waterways.

Companies that make vapes don't care about your health.

- True:** The tobacco and vaping industry want to make money and don't care that their products cause disease and death.



Quit supports

Getting support can make your quit attempt more successful.

- Speak to your doctor or Aboriginal and Torres Strait Islander Health Worker
- Contact Quitline quit.org.au or call **13 7848** and ask to speak to an Aboriginal or Torres Strait Islander counsellor
- Join the Aboriginal Quitline Facebook page facebook.com/Aboriginalquitline
- PAVE quit vaping app **available via your app store**

- MyQuitBuddy app **available via your app store**
- For mental health support, visit Well Mob for further resources wellmob.org.au
- Quit HQ quithq.initiatives.qld.gov.au
- For more information on vaping visit the Vaping Exposed website vapingexposed.initiatives.qld.gov.au

Scan to find more information on vaping for First Nations communities.



Queensland Government