

vaping

myths & facts

myth: vapes contain low or no nicotine

fact: nicotine in 1 vape can = 50 cigarettes

myth: vapes help you quit smoking

fact: vaping makes you 3x more likely to take up smoking cigarettes

myth: vapes aren't addictive

fact: nicotine is both a stimulant and depressant - which is very pleasurable for your brain, making vapes very addictive



myth: vaping aerosol is just flavoured water

fact: vapes contain harmful chemicals

myth: vaping isn't bad for health

fact: vaping has been linked to serious lung disease

