

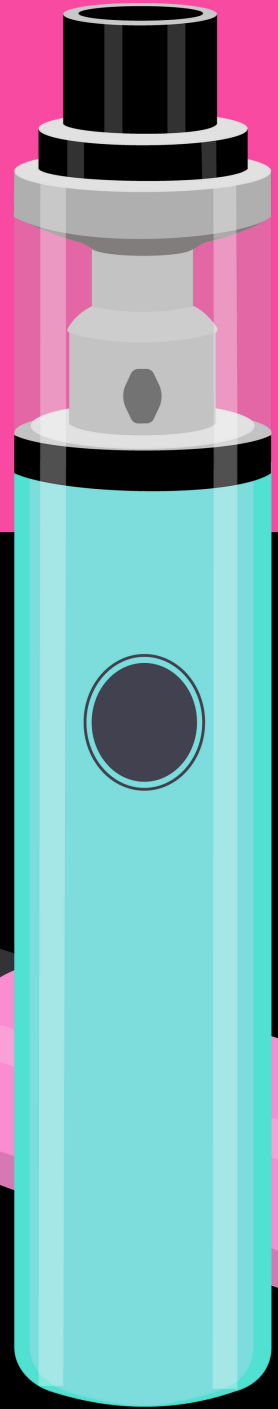
**Do you
know
what's in
your**

vape?

Nicotine vapes can help adults to quit smoking as they do not contain the tar and carbon monoxide cigarettes do. But they are not harmless, and the long-term effects are not yet known.

Don't smoke? Don't vape!

For free help and support to stop vaping text 'Quit Vape'
to 66777



HEALTH &
WELLBEING
SLOUGH

It's just flavoured air,

right?

Some disposable vapes on sale are illegal and don't meet UK quality and safety regulations. They might look like the real thing, but they aren't so it isn't possible to know what's actually in them.

Nicotine is an addictive substance which can be hard to stop using once you've started.

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There is no harm in vaping?

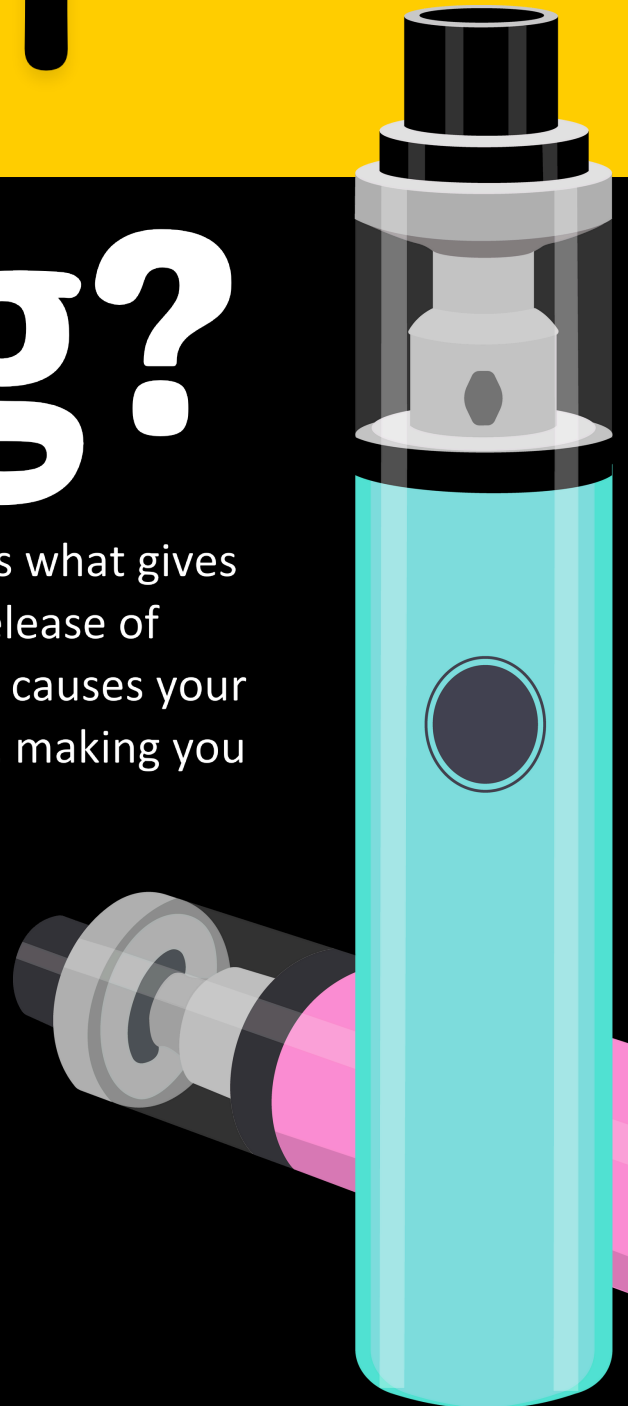
When you vape, the nicotine in the vape is what gives you the buzz. This feeling comes from a release of adrenaline which stimulates the body and causes your blood pressure and heart rate to increase, making you breathe faster.

Some of the side effects to vaping are:

- coughing
- dry mouth and throat
- shortness of breath
- mouth and throat irritation
- headaches

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