



E-CIGARETTES

WHAT ARE E-CIGARETTES?

E-cigarettes (vapes) are battery-operated devices that heat a liquid and produce vapour when inhaled. Vapes usually contain nicotine and flavourings.

Vapes can help people cut down and quit smoking. Increasingly, e-cigarettes have been used recreationally by non-cigarette users.

Vaping is less harmful than smoking. Vapes don't contain the cancer-causing tobacco and some toxic chemicals found in normal cigarettes.

EFFECTS

Nicotine is a stimulant drug. It increases the heart rate and blood pressure and makes users feel alert and stimulated.

RISKS

Most vapes contain nicotine, which is difficult to give up.

Flavourings in vapes may be harmful and long-term use may cause health problems. But the risks are likely to be less than smoking.

Some disposable vapes on sale do not meet UK safety regulations. Some users have needed urgent medical attention because of the very high levels of nicotine or illegal drugs in the device.

Nicotine is dangerous for pregnant women and developing babies.

THE LAW

It is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.

TOP TIP

If you smoke cigarettes, vaping is safer but if you don't smoke, don't vape.