

Mythbusting: *e-cigarettes*



Myth: It's only water vapour

Fact: But it's not! Vaping products, actually **produce an aerosol**, which is a fine spray of **chemicals** and **particles**. Those particles can **lodge in your lungs** and the chemicals can enter your body via the lungs.

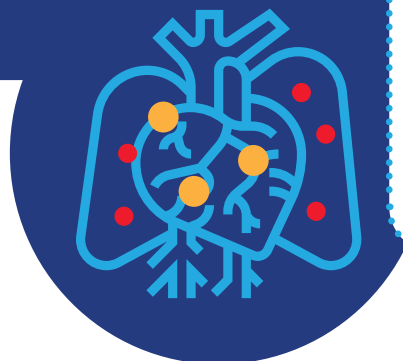


Myth: It's just flavouring

Fact: Nope! The flavours of e-cigarettes are made from **multiple chemicals** that are not safe to **inhale** into the lungs. Inhaling chemicals can damage your airways and lungs, with the **long-term damage** still not known.

Myth: Vaping is safe

Fact: Nup! E-cigarettes contain **harmful chemicals**, which can cause short and **long-term health effects** like vomiting, shortness of breath and lung damage. E-cigarettes haven't been around long enough to know all the health risks, but experts think it is likely they will cause **mouth and lung cancers**.



Myth: The brand I buy is labelled nicotine-free

Fact: Nope! Labels are frequently **wrong**. Most e-cigarettes on the market in Australia **contain nicotine**, even those that claim that they don't. E-cigarettes are **unregulated**, which means there are no consequences for a manufacturer who doesn't label their product accurately. Even nicotine-free e-cigarettes are harmful to your health.

Myth: I won't get addicted

Fact: Think again! Nicotine is a **highly addictive** drug. Brains are still developing until the age of 25, so teens and young adults are especially vulnerable to nicotine addiction.

Vaping increases the likelihood teens will **smoke cigarettes** down the track, probably because the nicotine addiction – **started by vaping** – drives people to get a **nicotine hit** from cigarettes which are more readily available.



Myth: I see celebrities and influencers vape, so it must be safe

Fact: Celebrities and influencers are **paid** by tobacco and e-cigarette companies to promote vaping. Don't take your health advice from celebrities – they're **not reliable sources** and they're getting paid to promote a product.



Myth: But what about vape challenges on TikTok?

Fact: Vape challenges promoted on social media platforms, like TikTok and YouTube, are often **sponsored by tobacco and e-cigarette companies**.

They're designed to get you to buy their products and **get addicted** to nicotine.

These companies **don't care** about your health, they're only **out to make money**.



Myth: Vapes are safer than tobacco cigarettes

Fact: No! Vapes are **more like tobacco cigarettes** than you might think. Nearly all tobacco companies make e-cigarettes because they see vaping as a way to **hook new customers**.