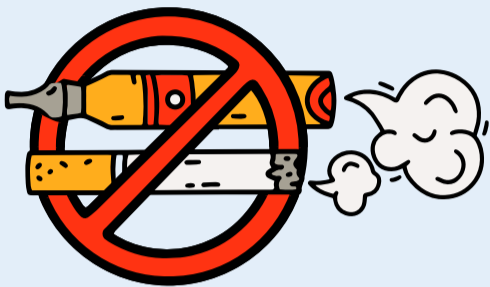


# Get the facts about vaping

## What are your kids breathing in?

Vapes are not safer than cigarettes



There are no quality or safety standards for vapes



Vapes can have addictive nicotine, toxic metals and many different chemicals



## What it does to your body:

Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



Chemicals in vapes can cause lung damage, heart disease and cancers



Nicotine harms the brain development of children and teenagers



Young people who vape are more than three times more likely to move onto smoking cigarettes



## Talk to your kids about the risks of smoking and vaping

- Contact Quit at [quit.org.au](http://quit.org.au) or phone **13 78 48**
- Visit the Royal Children's Hospital website [rch.org.au](http://rch.org.au) and search 'vaping'

- Scan the QR code for more information



[vapingfacts.org.au](http://vapingfacts.org.au)