

Vapes are sold by the same companies that sell cigarettes.

These companies are advertising vapes to get young people hooked for life by making them think vaping is safe, fun, and trendy. This is how companies make money, and attract young people who don't smoke to try vaping instead.

These companies do not care about your health.
They care about money.



Can I vape at school?

No. Vaping, as well as tobacco and cannabis use, is banned 24/7 on and within 20 metres of school property. If you are found vaping, you can be fined \$305. Anywhere you can't smoke, you can't vape.

Learn more by watching this quick video about vaping bit.ly/2ksAKXD

For more information, visit www.healthunit.org

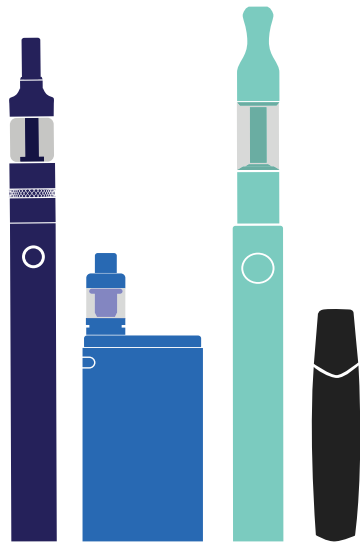
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3628 Sept 2019



Vaping and Teens

Some people think that vaping is safe and can prevent smoking. This is not true. It's time to get the facts.

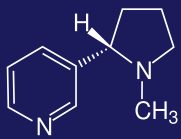
Vapes come in many different shapes and sizes.



Are vapes safe?

Many people think vapes are just water vapour and therefore a safe way to have fun. The reality is that all vapes contain harmful chemicals and most of them contain nicotine which is the addictive part of cigarettes.

Studies have shown that youth who vape are four times more likely to go on to smoke.



Nicotine



Ultrafine particles



Cancer-causing chemicals



Volatile organic compounds



Flavouring such as diacetyl, a chemical linked to serious lung disease



Heavy metals such as nickel, tin and lead

What happens when you vape?



Vaping liquid, or e-juice, containing chemicals such as nicotine and flavourings, is put in the device.



A battery powers a heating coil that turns the liquid into an aerosol (vapour).



The aerosol is inhaled into the lungs and travels to the brain and through the bloodstream.



Nicotine is very addictive and can affect how your brain develops, decreasing memory and concentration.



The chemicals can also affect your body in other ways. Serious lung diseases, like popcorn lung, can be caused by inhaling flavourings used in e-juice.



The aerosol is exhaled, possibly causing harmful second hand effects to those around you.