

# Get the facts about smoking and vaping

## What are your kids breathing in?

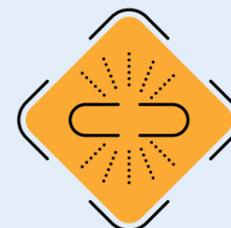
E-cigarettes and vapes are not safer than cigarettes



There are no quality or safety standards for e-cigarettes or vapes



Vaping liquids contain nicotine, heavy metals and cancer-causing chemicals

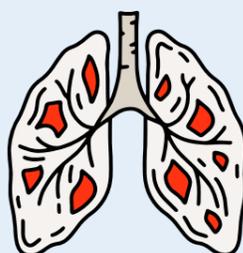


## What it does to your body:

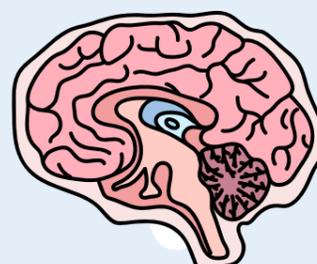
Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



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

- Scan the QR code for more information



[www.quit.org.au/articles/teenvaping/](http://www.quit.org.au/articles/teenvaping/)