

HOW DO I KNOW IF MY CHILD IS VAPING?

Signs of vaping include:

- ☉ New health issues such as coughing or wheezing
- ☉ E-cigarettes supplies, like cartridges or other suspicious supplies
- ☉ New smells - you might notice unknown fruity or sweet scents

WHAT SHOULD I DO IF MY CHILD IS VAPING?

You might want to talk about:

- ☉ Wanting to be the best, healthiest version of themselves
- ☉ Dangers of addiction
- ☉ Saving money
- ☉ Avoiding health effects such as increase anxiety and decreased sports performance



BE SMOKE FREE
**BE HEALTHY
BE DEADLY!**

YARN WITH US ABOUT YOUR QUIT JOURNEY

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THE DANGERS OF VAPING

South Coast
Medical Service
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WHAT IS VAPING?

Electronic cigarettes or commonly known as vapes, are a battery-powered device that heats liquids containing nicotine and/ or other chemicals to produce vapour.

Vapes consist of an atomizer, a battery and a liquid cartridge. The user inhales vapour instead of smoke, therefore it is given the name vaping.

There is an assortment of flavours in vapes. The flavourings are designed to be eaten and not inhaled. The stomach is able to breakdown the flavourings while the lungs cannot.

WHAT ARE THE HEALTH RISKS?

- ☉ Nausea
- ☉ Vomiting
- ☉ Mouth and airway irritation
- ☉ Chest Pains
- ☉ Heart palpitations
- ☉ E-cigarette, or Vape, Use Associated Lung Injury (EVALI) is a serious medical condition that impacts a person's lungs as a result of damage caused by substances in e-cigarettes and vaping products.

WHAT MAKES VAPING APPEALING TO YOUNG PEOPLE?

- ☉ You can do it anywhere
- ☉ It's bright in colour and looks like a toy
- ☉ Small and easy to hide
- ☉ Incorrect perception that vaping is less harmful than cigarettes
- ☉ Smells and tastes better than cigarettes
- ☉ Accessible and affordable
- ☉ Peer pressure and social media influences and promotes vape use

WHAT ARE THE DANGERS?

- ☉ There is no quality control for nicotine content in e-cigarettes/vapes in Australia.
- ☉ Nicotine is the element that makes cigarettes, vapes and e-cigarettes **highly addictive.**



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