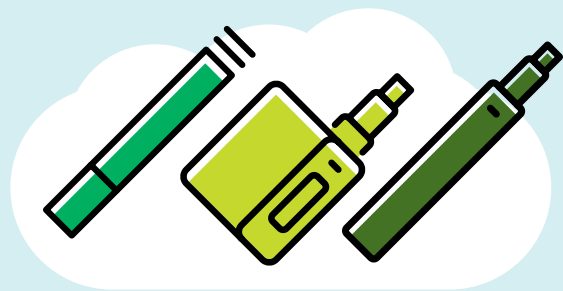


# TIME TO CLEAR THE AIR ON VAPING



## Vaping's a hot topic right now.

In fact, a lot's being said about vaping and its effects - but there's lots of conflicting and confusing information out there. So, make sure you have all the latest, evidence-based facts to share with your club members.



### Is vaping nicotine harmful?

Yes. Nicotine vapour contains chemicals and additives hazardous to your health.



### Are e-liquids dangerous?

Yes, they contain hazardous chemicals. Even those labelled 'nicotine-free' can contain nicotine and additives toxic to young people.



### Can vaping lead to dependence?

Yes. Many vapes contain nicotine, which is an addictive substance.



### Do vapes contain nicotine?

Yes. Many contain nicotine - even if it's not displayed on the packaging



### Is vaping risky?

Yes, vapour contains several cancer-causing agents, as well as chemicals that can cause DNA damage.



### Is vaping bad for your lungs?

Yes. Vaping has been linked to serious lung disease.