

TRUE OR FALSE EMOJI QUIZ - VAPING QUESTIONS

1. Vaping is less harmful than smoking



6. Scientists are sure that there are no long-term risks from vaping



2. Most vapes contain the same amount of nicotine as a packet of cigarettes



7. Second-hand vapour is not as harmful as second-hand smoke



3. Vaping can help someone quit smoking



8. There are currently no laws in the UK around who can vape



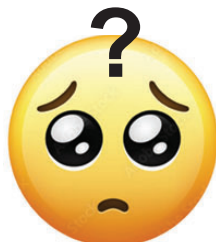
4. Vapes are bad for the environment



9. Nicotine should be avoided by some groups of people



5. Vaping has no side effects



10. UK laws control what substances vapes contain



1. Vaping is less harmful than smoking - TRUE

For someone trying to give up smoking, the vapour from heating an e-liquid is much less harmful than the smoke from burning tobacco. However, vaping isn't harm free, as vapes contain nicotine which is addictive, and chemicals. Some vapes sold illegally contain THC, spice and other harmful substances.

2. Most vapes contain the same amount of nicotine as a packet of cigarettes - TRUE

Nicotine is addictive leading to headaches and shakes from withdrawal as the body craves more.

A cigarette contains an average of 12 mg of nicotine, about 10% of which is inhaled.

A legal disposable vape contains up to 40 mg (20mg/ml) so a similar amount of nicotine to a packet of cigarettes as well as chemical additives and flavourings.

At least 25% of vapes sold in the UK are illegal, so can contain much higher levels of nicotine as well as additional chemicals.

3. Vaping can help someone quit smoking - TRUE

As smokers quit, they crave nicotine, which is addictive. Vaping delivers nicotine in a less harmful way, by vaporising e-liquid instead of burning tobacco into smoke which contains tar and carbon monoxide causing lung cancer.

Gum or nicotine patches are a better way to quit than vapes, as the nicotine delivered is more regulated and at a lower dose and isn't breathed into the lungs.

4. Vapes are bad for the environment - TRUE

Vapes contain plastic, metals and foam. It's estimated that 5 million are thrown away each week in Britain.

5. Vaping has no side effects - FALSE

Vaping can make someone cough, give them a dry and irritated mouth and throat, and cause headaches, irritability, and problems concentrating. Vapes sold illegally often contain other substances like THC causing serious side effects.

6. Scientist are sure that there are no long-term risks from vaping - FALSE

It is thought that vapes are likely to be far less harmful than smoking, but vaping hasn't been around long enough to know the health effects of long-term use.

Nearly 2,000 different chemicals have been found in vape products and these might have health risks that we don't yet know about.

Put simply, don't start if you don't smoke.

7. Second-hand vapour is not as harmful as second-hand smoke - TRUE

Currently there's no evidence to show that second-hand vapour is harmful. However, it's best not to vape around children and be considerate of others.

8. There are currently no laws in the UK around who can vape - FALSE

Vaping or pouches are illegal for under 18s and if someone over 18 supplies vapes to anyone under 18 they can also be prosecuted.

This is because nicotine is a highly addictive drug and withdrawal can lead to headaches, irritability, anxiety and nausea.

9. Nicotine should be avoided by some groups of people - TRUE

That's because nicotine is harmful to children and unborn babies, affecting the brain.

The unknown risks of the long-term use of vapes or pouches mean non-smokers shouldn't start.

10. UK laws control what substances vapes contain - TRUE.

For example, vapes can have a maximum tank size of 2ml and nicotine level of 20mg/ml.

However, 25% of vapes sold in the UK are 'illegal', according to UK Trading Standards. So you can't know what's in these devices.