

The negative effects of vaping on the body

IMMEDIATE



Disrupted sleep



Headaches



Anxiety



Vaper's tongue



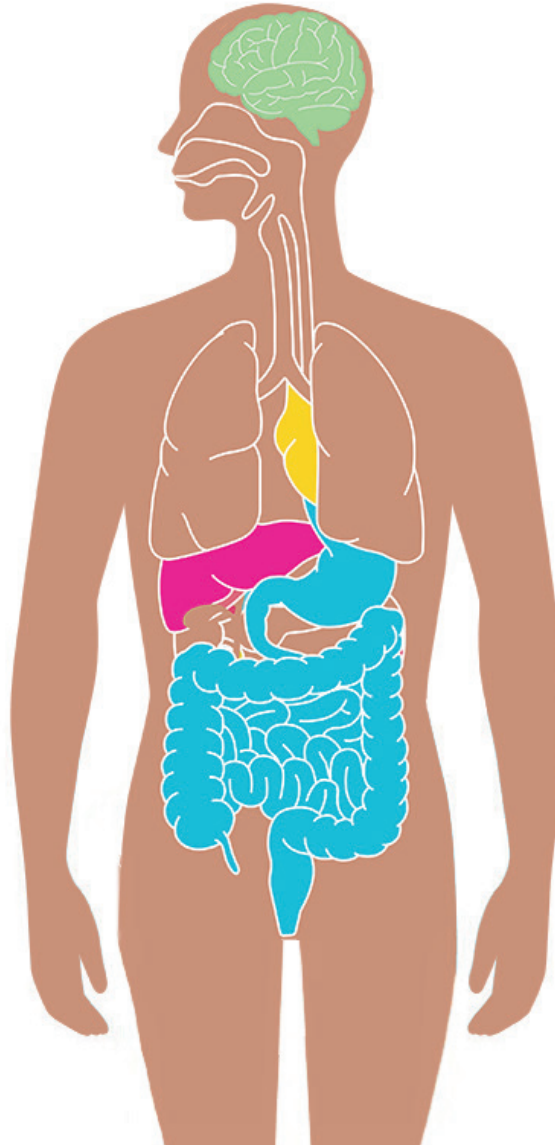
Nausea/
dizziness

Mouth and throat
dry or irritated



Feeling jittery/
distracted

Shortness of breath
asthma / cough



LONG TERM

Lung problems



Nicotine
dependency



Potential effect of toxic
chemicals and metals in
some vapes



Dental problems



For all smokers trying to give up, vaping is less harmful to their health than smoking cigarettes. But this doesn't mean vaping is safe.

***If you smoke, vaping is much safer.
If you don't smoke, don't vape.***