

NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

