

# Vaping and e-cigarettes The facts



**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.**



**Most children and young people don't vape or smoke.**

