

Vaping and e-cigarettes The facts



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

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

Vapes are not harmless.

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

Harmful for the environment.

Over 8 million vapes are thrown away every week or recycled incorrectly. Vapes contain batteries and difficult-to-recycle plastics that break down in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

Don't be duped!

