

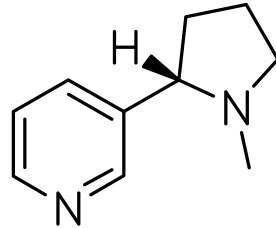
WHAT IS VAPING?

Vaping devices and e-cigarettes are electronic alternatives to smoking.

These devices have cartridges filled with a liquid that can contain nicotine, flavourings, and chemicals. The liquid is heated into a vapor, which the person inhales.

The Risks

- Most vaping products contain highly-addictive nicotine and other harmful chemicals
- The majority of youths who vape struggle with addiction and have difficulty quitting vaping
- Nicotine use in youth can cause mental health issues and alter brain development
- Many people take up smoking cigarettes after vaping
- Second hand vapour is not harmless



Vapes purchased outside of Canada may have up to **3 times** Health Canada's limit for nicotine

B R E A T H E
the lung association

For more vaping information and support, please visit us at nb.lung.ca, email info@nb.lung.ca, or call 506-455-8961.

HOW TO PROTECT YOURSELF & OTHERS

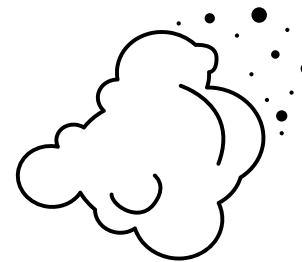


Talk to your health care provider to develop a plan to quit vaping or smoking

Don't vape around children or people who do not vape

DID YOU KNOW?

1 IN 5
YOUTHS VAPE
ROUTINELY*



*Source: *The 2020 Youth and Young Adult Vaping Project*

HOW THE LUNG ASSOCIATION CAN HELP

As advocates for stronger vaping regulations, our goal is to prevent vaping and nicotine addiction and to support those who want to quit.

If you are seeking help to stop vaping or smoking, contact us to find out about our programs and counselling.