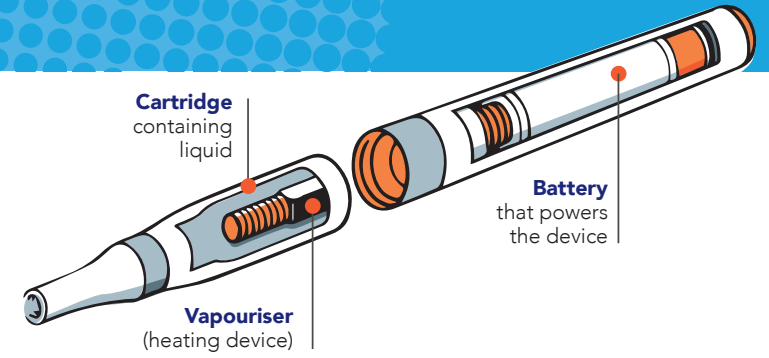


Facts About Nicotine Vapes

For more advice about quitting smoking talk to your doctor or Aboriginal and/or Torres Strait Islander Health worker. Or call the Quitline on 13 7848.



What is vaping?

Vaping is a bit like smoking cigarettes. Cigarettes burn tobacco to create smoke which you breathe in. Vapes (or e-cigarettes) heat liquid to create vapour that you breathe in. This vapour contains different chemicals. It can also contain nicotine. This information sheet is about nicotine vapes.

Is vaping safe?

Vaping is not harm free. Vapes can contain toxic chemicals that can hurt your lungs when you breathe them in. Vapes also have ingredients known to cause cancer, heart disease, and brain damage.

Are nicotine vapes legal?

In Australia you can buy nicotine vapes from some pharmacies, and from online stores. They are not available in other shops. You must have a valid prescription to buy nicotine vapes:

- Pharmacists and online stores are not able to sell you nicotine vapes if you don't have a valid prescription.
- You are not allowed to bring nicotine vapes or nicotine refills into Australia from overseas without a valid prescription.
- If you try to bring nicotine vapes into Australia without a valid prescription they will be taken away at the border and you may be fined.

Will nicotine vapes help me to quit?

Vaping is not the first choice to support stopping smoking. Nicotine vapes are a last resort when nothing else has worked. If you can't stop smoking and have tried for a long time using all the usual medicines like nicotine patches and gum (NRT), your doctor might agree to you trying nicotine vapes to stop smoking. If you are thinking that nicotine vapes might be right for you, remember that:

- Vaping could make you sick because there can be toxic chemicals in vapes
- Nicotine vapes are not approved as stop smoking medicines
- Approved stop smoking medicines like NRT are the best way to cope with nicotine withdrawal as they give you nicotine without any harmful chemicals
- Talking to a stop smoking counsellor can help find what will work for you to quit the smokes



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