

# TACKLING INDIGENOUS SMOKING

## E-cigs and Vaping

90% of vapes seized at the border were found to contain the very harmful chemical Nicotine - they

Vapes can cause life-long injuries to the lungs, face, hands and legs and diseases to lungs and other organs.

### Common ingredients found in vapes.

Many chemicals found in e-cigs and vapes carry serious health risks. **Nicotine** is the addictive chemical, **Formaldehyde** is used to preserve bodies after death, **Acetone** is found in items like paint thinner, adhesive remover and nail polish remover and **Ethylene Glycol** is found in anti-freeze for cars, brake fluids, pens and some cosmetics.

Vapes heat liquid that becomes a mist that users inhale. Vapes are commonly found to contain very high levels of the toxic chemical nicotine even though they commonly don't include this on the label.

E-cigs and vapes tend to be sold under the misinformation that they will help smokers quit.

Most marketing is aimed at children who believe these are the harmless option.

All vapes that contain Nicotine are illegal to purchase without a prescription from a doctor.

Aside from Nicotine there are many chemicals included in vapes and e-cigs, in particular flavourings that were designed to be eaten not inhaled.

Vapes can cause issues such as EVALI (E-cig and vaping lung injury) which can be fatal.

### Vaping is not an alternative

- ♦ Quit smoking
- ♦ See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- ♦ Tell your friends and family you're quitting
- ♦ Get your partner in on the act too if you can
- ♦ Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- ♦ Call the Quitline on

137 848

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Change before you have  
to.  
” Jack Welch

