



Smoking and Vaping fact sheet



This fact sheet is in Easy Read.



- the word in **bold**
- what the hard word means.



What you need to know

This fact sheet says what smoking and vaping are:

- how smoking and vaping:
 - hurt your **health**. Health means how well your body and mind are working
 - the health of the people around you
- how to get help to quit smoking or vaping if you do not speak English.





What is smoking?

When you smoke cigarettes or use shisha you breathe in tobacco smoke.

This smoke has **chemicals** that can hurt your health.

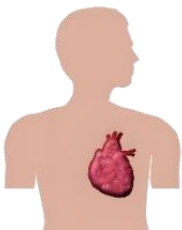
Chemicals are tiny things that make up everything around us.

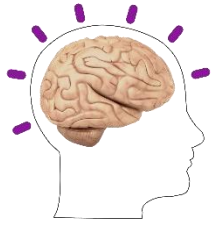
Everything has chemicals like water, food, air, and even our bodies.

Some chemicals are safe and some can be bad for our health.

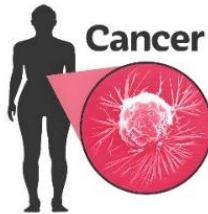
The chemicals in cigarettes and shisha smoke can be bad for your health and give you:

- **heart disease.** This means something is wrong with your heart. Your heart pumps blood around your body.
- **lung disease.** This means something is wrong with your lungs. This can make it harder for you to breathe or make you cough more.





- **stroke.** A stroke happens when blood stops going to parts of your brain. This can hurt your brain and make it hard to move, speak, or think.



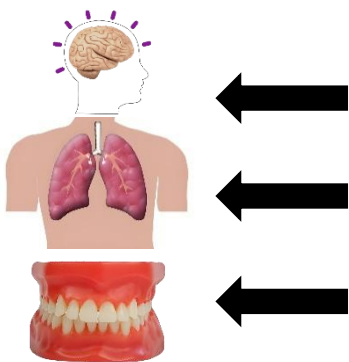
- **cancer.** Cancer is a very bad illness, like when some parts inside the body grow the wrong way and stop working how they are meant to. This can make people very sick.

What is vaping?

A vape is a small machine that:



- works with a battery. Vapes have a liquid called e-liquid or vape juice inside them.
- when you vape, you breathe in **chemicals** that can hurt your health.



Vaping can hurt your:

- brain
- lungs
- teeth and gums.



Smoking, vaping and the people around you

Vaping, smoking shisha and cigarettes can hurt the people around you.

Smoke and chemicals in the air from smoking and vaping is very bad for children and babies.

It can:

- make their ears and lungs sick
- can hurt their health.



If a mother who is pregnant smokes or vapes it can hurt the baby inside her.

Smoking, vaping and addiction to nicotine



Most vapes and shisha and all cigarettes have a chemical in them called **nicotine**.

Nicotine can make people **addicted**.

This means it is very hard for people to stop smoking or vaping, even when they know it is bad for them.

Nicotine can make your brain think in ways that make you want to keep smoking and vaping.



Young people who vape are more likely to start smoking later.

Vaping can make young people:

- addicted to nicotine. This means they want nicotine more often.
- think smoking is **normal**. Normal means something lots of people do.
- start vaping to fit in with other young people who vape.



Over time, young people who vape might start smoking cigarettes to get nicotine.

This can happen even if they did not want to start smoking.





Smoking and vaping laws in Australia

Australia has laws to keep people safe from smoking and vaping.

A lot of places are smoke-free and vape-free.

This means you cannot smoke or vape in these places.

This helps make sure people can breathe clean air where they work, travel, study, eat and play.



Here is a list of places that are smoke-free and vape-free:



- places that people work inside

- office buildings



- shopping centres



- trains, buses, trams, planes and airports or their waiting areas



- schools, childcare centres, playgrounds

- cars when children are inside



- hospitals



- indoor and outdoor areas in restaurants, cafes, and pubs.

Why quitting is good for you?

When you quit smoking or vaping:



- your lungs get healthier
- you are less likely to get heart disease, stroke or cancer
- you save money
- you show your family, children and friends how to do things in a healthy way
- you help keep your family and community healthy.



Talk to Quitline

Quitline is a free service that can help you stop smoking or vaping.

When you phone Quitline, you speak with a **counsellor**.



A counsellor is someone you can talk with about your smoking or vaping.

A counsellor can talk to you about:

- how you are feeling about your smoking or vaping
- what to do if you are trying to stop smoking or vaping
- how to keep going with quitting
- what to do if your child or someone you care about is smoking or vaping.



You can phone Quitline on 13 7848.

If you do not speak English

Tell Quitline:

- the language you speak
- that you need an interpreter.

They will get an interpreter on the phone for you.



You can also go to quit.org.au for more information.

Our website has written information in other languages

They are:

- Arabic
- Vietnamese
- Simplified Chinese
- Hindi
- Greek
- Tagalog
- Italian
- Sinhalese.





To listen to information in your language, click the **Recite Me** button on our website.

Our website is: www.quit.org.au



Your doctor, nurse or pharmacist can also help you choose the best way for you to quit smoking or vaping.



The best choice for your health is to quit.

You can get help.

You do not have to do it alone.

A partnership between:



Easy Read Ph: 9416 4003 www.valid.org.au



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