



Vaping fact sheet



This fact sheet is in Easy Read.



The first time we write a hard word we will write:

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



What You Need to Know

This fact sheet will tell you:

- what vapes are
- why vaping is bad for:
 - 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 vaping
- how to get help to quit vaping if you do not speak English.



What is a vape?



A vape is a small machine that:

- works with a battery
- has a liquid called e-liquid or vape juice inside it
- people use to breathe in chemicals.



When the vape is turned on, the liquid gets hot and turns into an **aerosol**. An aerosol is like steam or a spray of chemicals.

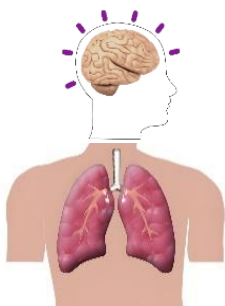
When you 'vape', you breathe in this aerosol. The aerosol goes into your lungs and some of it goes into your blood.



The liquid and aerosol have **chemicals** in them.

Chemicals are tiny things that make up everything around us.

There are chemicals in everything like, water, food, air, and even our bodies.



Some chemicals are safe, but some can be bad for your health.

The chemicals in vapes can hurt your lungs and make you sick.



Most vapes have a chemical called **nicotine**.

Nicotine can make people **addicted**.

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

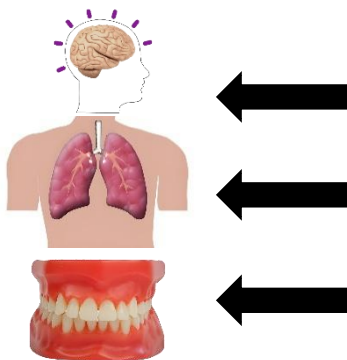


Nicotine can make your brain think in ways that make you want to keep vaping.

Vaping can harm your health

Vapes can have many chemicals.

The chemicals in vapes can harm your:



- brain
- lungs
- teeth and gums.



When you vape, the chemicals you blow out into the air may also hurt the people around you.



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



The battery in vapes can blow up and burn your face or body.



Vaping can hurt young people more as their bodies and brains are still growing.

Young people get addicted to nicotine more easily than adults.



Teenagers who vape are five times more likely to start smoking cigarettes.

Why quitting is good for you?

When you quit 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.

Vaping laws in Australia



In Australia, shops are not allowed to sell vapes.

Vaping is not allowed in places where people work inside.



A lot of places are smoke-free. This means you cannot vape in these places.

These laws protect people from being hurt from vaping and smoking.



Some people use vapes to help them quit smoking. These vapes are sold in **pharmacies**. We also call a pharmacy a Chemist.



There are rules for the vapes that are used to quit smoking.



If you want to use vapes to quit smoking, it is good to talk to your doctor or **pharmacist**.

A pharmacist is a person who works at a chemist to give out the medication.

They can help you choose the best way to quit.

How to talk to a young person about vaping



It is good to talk to young people about vaping before they see it or try it.

You can ask questions like:

- what do you know about vaping?
- what do you think about vaping?

Listen to what they say.

They might know a lot about vaping.

Thank them for talking to you about it.

You can say how you feel about vaping.



You can say things like:

- when people vape, I feel worried about their health
- I want to help you know what to do if someone gives you a vape.



If you think the young person is already vaping, still talk to them in the same way.



For help, call Quitline on 13 7848.

You can also talk to your doctor or nurse.



How to get help from Quitline

Talk to Quitline



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

When you phone Quitline, you speak with a counsellor.



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

They can talk to you about:

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



You can phone Quitline on 13 7848.

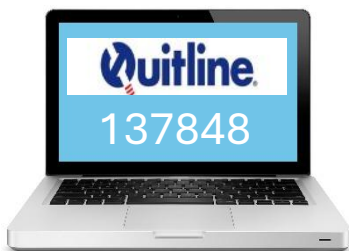


If you do not speak English

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.

There is 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

A partnership between:



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



Images may not be reused