

KNOW the FACTS

VAPING IS NOT HARMLESS

ONE 20mg
vape contains
the **same**
amount of
nicotine as **20**
CIGARETTES



Disposable vapes are
NEARLY IMPOSSIBLE
to recycle



and their lithium
batteries are a
serious **fire hazard**

If you vape, **limit your**
usage and use vapes
with **low or no nicotine**

Nicotine withdrawals
include:
mood swings - irritability
anxiety - sleep problems

Dizziness and
headaches

Coughing or
shortness of
breath

Throat
irritation

Nicotine
addiction

To avoid the negative
effects of vaping, it's
best to not start at all!

It is **illegal** to
buy vapes for,
or **sell** vapes to,
under 18s!

If you are a young person living in East Lothian or Midlothian & would like free and confidential support around alcohol & drugs contact:

Midlothian Young Peoples Advice Service (MYPAS)

TEL: 0131 454 0757

EMAIL: enquiries@mypas.co.uk

WEB: www.mypas.co.uk

MYPAS
Promoting the health and wellbeing
of young people in East Lothian
and Midlothian

MEL
DAP
MIDLOTHIAN & EAST LOTHIAN
DRUGS & ALCOHOL PARTNERSHIP