VAPING
AN OVERVIEW

VAPE PRODUCTS
- E-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs

PARTS OF A VAPE DEVICE
- MOUTHPIECE
- ATOMIZER: heats the e-juice to make vapour
- TANK/CARTRIDGE: a chamber that holds the e-juice
- BATTERY: heats the atomizer
- E-JUICE: usually contains nicotine and other chemicals

WHAT’S IN THE VAPOUR?
- Flavours
- Nicotine: (none to very high amounts)
- Volatile Organic Compounds (VOCs)
- Carbonyls
- Tiny particles
- Many toxic heavy metals: Chromium, Nickel, Lead

HEALTH EFFECTS OF NICOTINE
- Alter brain development
- Negatively affects memory, concentration, and mood
- Increases anxiety and stress
- Increases heart rate and blood pressure
- Highly addictive

VAPING IS NOT HARMLESS.