# Vaping: what you need to know

The sole purpose of vaping is to help people give up smoking. According to Public Health England, although vaping is 95% less harmful than smoking, it is not 'safe'.

**Nicotine**

Vapes are a way of delivering nicotine into your body and brain.
Nicotine is a highly addictive substance, that causes physical and psychological addiction to the product.
Nicotine causes dependency and changes the workings of your brain.

**Health dangers**

Large doses of nicotine can be physically harmful.

- Vaping can negatively impact **mental health.**
- Vaping Isn't good for **brain development.**
- Vaping can increase the risk of **seizures.**
- Vaping CAN cause **lung damage.**
- Vaping is linked to poor oral health and **gum disease.**
- The liquids in vapes can cause serious eye damage and skin irritation.

**The law**

On 1st October 2015, it became illegal for retailers to sell e-cigarettes or e-liquids to someone under 18.

The maximum size and strength of legal e-liquids for sale in UK is:

- Any e-liquid refill container: 10ml
- Device cartridge capacity : 2ml.
- 2ml of liquid = 600 puffs = a pack of cigarettes.
- The Maximum permitted nicotine strength = 20mg/ml which is 2% nicotine

**Illegal and dangerous products on sale**

- Large tanks on products.
- Over strength products.
- Counterfeit e-cigarettes and capsules.
- Banned ingredients, especially in non-tested imports from the USA and China. There were 2,668 cases of lung disease caused by Vaping reported in America 2019–20, including 60 deaths. Products imported from China could contain harmful chemical compounds.

**HTPs**

'Heat Not Burn' devices, sometimes called 'Heated Tobacco Products' are NOT vapes, and any health claims that they are as 'safe' as vapes are not proven, and may be false.

**If you don't smoke: don't vape!**

You should not view vapes as a 'lifestyle product', but as a product containing an addictive substance, designed for smoking cessation. Why constantly pay money for something that you don't need, that does you no good and could be harmful?