

8 things you need to know about vaping

NICOTINE IS UP TO 3X LESS
ADDICTIVE THAN TOBACCO SMOKE

Success at quitting a nicotine source after 6 months, using a placebo.

Cigarettes
10%
Smokeless
Nicotine gum
36%

Up to 600 chemicals are added to tobacco cigarettes.

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Nicotine is far less addictive than cigarette smoke.

REMAINING RISK

Harm reduction is a public health approach to reduce the harm of risky behaviours.

SEAT BELT

BIKE HELMET

VAPING

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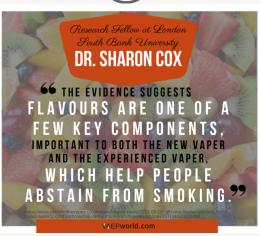
Vaping is a 95% reduction in harm compared to smoking.



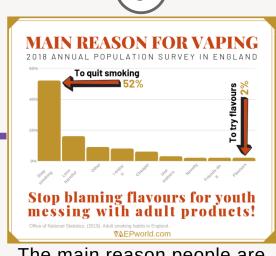
Vaping is not hazardous to use around other people.



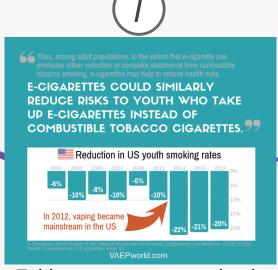
Vaping is an appealing alternative for smokers.



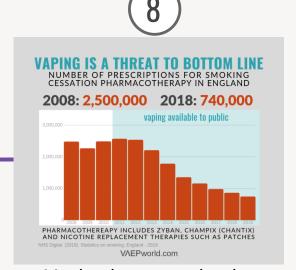
A key component to tobacco harm reduction is flavours.



The main reason people are vaping is to quit smoking.



Evidence suggests vaping is preventing youth smoking.



Vaping is so popular that prescriptions are dropping.

Vaping Advocacy and Education Project (VAEP) is a not-for-profit dedicated to helping people make informed decisions about vaping as a harm reduction strategy for smokers.