

Vaping

Published 26 November 2020

WHAT IS AN E-CIGARETTE?

- A battery powered device that heats liquid into a vapour, which is then inhaled.
- Inhaling vapour from an electronic cigarette (e-cigarette) is called 'vaping'.
- E-cigarettes are also called stigs, e-cigs, vapes and cuvies.

WHAT DO THEY LOOK LIKE?



*Shapes, sizes and colours vary

WHAT SHOULD YOU KNOW?

- E-cigarettes are not harm-free.
- Using and/or selling e-cigarettes containing nicotine is illegal in NSW.
- Selling e-cigarettes or accessories to anyone under age 18 is illegal in NSW.
- E-cigarettes may expose users and those around them to harmful chemicals and toxins. (see right)
- E-cigarettes may contain nicotine, even when the label claims it does not.
- Using e-cigarettes may lead to nicotine addiction.
- It is illegal to use e-cigarettes in smoke-free areas.

WHAT'S IN A VAPE?

Vape juice **may** contain:

NICOTINE 

CAN LEAD TO ADDICTION OR NICOTINE POISONING

PROPYLENE GLYCOL 

CHEMICAL USED IN ANTIFREEZE, PAINT SOLVENT, AND ARTIFICIAL SMOKE IN FOG MACHINES

CANCER CAUSING INGREDIENTS 

SUCH AS FORMALDEHYDE

ADDED FLAVOURINGS 

INHALING ADDED FLAVOURINGS COULD POSE LONG TERM HEALTH RISKS

HEAVY METALS 

SUCH AS ALUMINIUM, ARSENIC, COPPER, LEAD, NICKEL & TIN

PARTICULATE MATTER 

ALSO KNOWN AS POLLUTION



Health
Northern Sydney
Local Health District

WANT TO KNOW MORE?

[Latest info from NSW Health](#)

[Quit vaping support through Quitline](#)