



The five truths about vaping

What is vaping?

E-cigarette or Vape pens are devices that allow the user to intake nicotine in the form of vapour. This reduces the need for the user to inhale smoke, which contains both tar and carbon monoxide that can be damaging to health. These devices vary in strength which can be altered by the user.

Is it as harmful as smoking?

These devices contain potentially harmful chemicals but in much lower amounts compared to cigarettes. Vaping isn't risk free, but it is a way to reduce or quit smoking. Public Health England suggests vaping is 95% less harmful compared to smoking cigarettes.

Do e-cigarettes contain nicotine?

Vaping does contain nicotine but in much smaller quantities compared to other tobacco products. Nicotine is an addictive substance, so the long-term goal must be to reduce a user's reliance gradually over time.

Is second hand vaping harmful to others?

Current research suggests there is little harm to others compared to the risks of second hand smoke from cigarettes. More research and evidence are required as e-cigarettes and vaping studies continue to be undertaken to assess the pros and cons of their use.

Are e-cigarettes regulated?

You may have heard scary stories regarding exploding devices, but the UK has one of the most comprehensive systems in the regulation of e-cigarette devices. E-cigarettes can be bought from popular retail outlets and like normal cigarettes are not available to anyone under the age of 18.