

October 2019

**SNAPSHOT**

# VAPING

is NOT a safe  
alternative  
to cigarettes



Nicotine  
Chemicals  
Addiction  
Toxic

## #Get the FACTS

- The “steam” from vaping products is an aerosol consisting of fine particles that contain propylene glycol, glycerin, flavourings and other chemicals.
- Vapour products don’t contain tobacco but many contain nicotine.
- Nicotine is one of the most addictive substances. Some people show early signs of addiction within days after starting to vape.

Access the monthly  
Snapshots here

