

Mythbusting: *e-cigarettes*



Myth: It's only water vapour

Fact: It's not! Vaping products make a **mist (aerosol)**, which is a fine spray of **chemicals** and **particles**. Those particles can **stay in your lungs** and the chemicals enter your body through the lungs.



Myth: It's just flavouring

Fact: No! The flavours of e-cigarettes include many **chemicals** that are harmful to **breathe into your lungs**.

Myth: Vaping is safe

Fact: No! E-cigarettes have **harmful chemicals**, which can cause health problems like vomiting, shortness of breath and lung damage. E-cigarettes have not been around long enough to know what the **long-term harms** of vaping are, but experts are worried that it might increase the risk of **cancer, heart disease, or lung disease**.



Myth: The brand I buy doesn't contain nicotine

Fact: Nope! Labels are often **wrong**. Most e-cigarettes sold in Australia **contain nicotine**, even those that don't say it on the label. E-cigarettes are **unregulated**, which means there are no consequences for a company that does not label their product correctly. Even nicotine-free e-cigarettes are harmful to your health.

Myth: I won't get addicted

Fact: Think again! Nicotine is a **very addictive drug**. Brains are still growing until the age of 25 years, so teens and young adults are particularly at risk of nicotine addiction. Teens who vape are more likely to start **smoking cigarettes** in the future, probably because of nicotine addiction.



Myth: I see celebrities and influencers vape, so it must be safe

Fact: Celebrities and influencers are **paid** by tobacco and e-cigarette companies to promote vaping and their products. Don't take your health advice from celebrities – they are **often not a source you can trust**.

Myth: What about vape challenges on TikTok?

Fact: Vape challenges on social media platforms, like TikTok and YouTube are often **sponsored by tobacco and e-cigarette companies**.

They're designed to get you to buy their products and **get addicted** to nicotine.

These companies **don't care** about your health, they **only want to make money**.



Myth: Vapes are not as bad as tobacco cigarettes, and are therefore safe

Fact: No! Vaping causes **addiction** and **short-term health harms**, and we don't know what the long-term health harms are. All the major tobacco companies make e-cigarettes because they see **vaping as a way to get new customers**, including young people who don't smoke.

