

# THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.

**This is not true. Vapes are not safe.** Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

## COMMON VAPES



Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.



Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

