



# Vaping facts



A vape device is battery powered and produces a vapour the user inhales

## Vaping health effects

### Short-term



dizziness and light-headedness



throat irritation



coughing and increased heart rate



increased blood pressure

### Long-term



The effects of long-term, frequent exposures to vapour are not yet fully known



Anyone that isn't a current smoker of tobacco cigarettes should not vape



If youth are current users and express the need to vape during the day, refer them to their health care provider

## What you may not know about vaping...



Vapour may contain nicotine, cannabis, illicit drugs, flavourings and other harmful chemicals



Nicotine can lead to addiction and harm the developing adolescent brain



Increases the likelihood of youth starting to smoke cigarettes

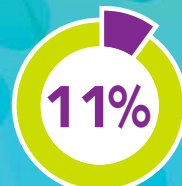
## Grade 7 to 12 Students Vaping Stats, 2016-2017



Vaping continues to increase among youth and young adults



felt there was no risk of harm from vaping once in a while



have vaped



Region of Waterloo  
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