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.

**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.

- 23% felt there was no risk of harm from vaping once in a while.
- 11% have vaped.

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.

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

Region of Waterloo
PUBLIC HEALTH AND EMERGENCY SERVICES