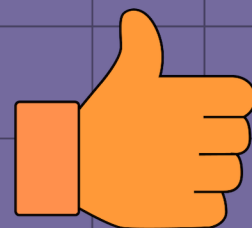


# DON'T SMOKE?

# DON'T VAPE!



VAPING APPEARS TO BE LESS HARMFUL THAN SMOKING. BUT, IT IS NOT RISK-FREE.

Vapes should not be used by young people or non-smokers.

The long-term effects of vaping are currently unknown.

Vaping can harm your heart, lungs, mouth and raise your blood pressure.

Most vapes/e-cigs can contain nicotine, which is *highly addictive*.

Disposable vapes are *extremely* harmful to the environment.

IF YOU WANT TO STOP VAPING VISIT [QUITYOURWAY.SCOT](https://www.quityourway.scot) FOR ADVICE AND SUPPORT.

www.LAN  ED.info

