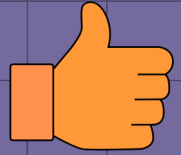


DON'T SMOKE?

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.





VAPING HARM REDUCTION

THERE IS NO SAFE WAY TO VAPE.
BUT, YOU CAN KEEP YOURSELF SAFE-ER BY
FOLLOWING HARM REDUCTION ADVICE.

Don't share your vape with friends.

**Dispose of your vape correctly. Don't
throw it away.**

**When vaping, avoid taking long, deep
puffs.**

If your vape tastes burnt, stop using it.

**Buy vapes from reputable shops to
decrease the chances of buying an illegal
or fake one.**

**Cut down on how often you vape to
reduce your nicotine dependence.**

www.LAN**ED.info**