

# VAPING RISKS

THERE ARE POTENTIAL HEALTH RISKS LINKED WITH USING E-CIGARETTES, AND MORE RESEARCH IS NEEDED.

## RISK # 1

The long-term health effects of vaping are unknown.

## RISK # 2

Vaping e-juice with nicotine can be addictive.

## RISK # 3

Health Canada does not check e-cigarettes for safety or quality.

## RISK # 4

Vaping can irritate your lungs and give you a sore throat, dry cough or headache.

## RISK # 5

E-cigarette vapour can contain heavy metals like lead, nickel, zinc and cadmium.

## RISK # 6

E-cigarette vapour can contain compounds like formaldehyde and acrolein.



Services de santé du

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Adapted from North Bay Parry Sound District Health Unit.