

# Vaping and *your health*



## What are e-cigarettes?

E-cigarettes, also known as 'vapes,' are **electronic devices** that heat a liquid (or 'juice') to create an aerosol (or spray) that can be **inhaled**. Using an e-cigarette is often called '**vaping**.' E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people think the 'cloud' or 'smoke' from vaping is a vapour, like steam. It's not. It is really **an aerosol**, a fine spray of **chemicals** that enters your body through your lungs, where small particles can **get stuck in the lungs**.

## What's inside an e-cigarette?

An e-cigarette contains **many different chemicals** – some we know can be **harmful to breathe in**, and many **haven't been tested** at all. Some chemicals found in aerosols can **cause cancer**, others can **cause swelling and irritation in the throat and lungs** and can impact the **heart**. We don't know which chemicals are in which products because there is no law that forces companies to list all their ingredients.

Even though the packaging might not say it, **most e-cigarettes in Australia contain nicotine.**



