

# It's not safe to vape

Many young people think vaping is harmless because they don't inhale smoke. But that's not true. The mist from vaping can contain very addictive nicotine and harmful chemicals.

## Is vaping better for you than smoking?

**The long-term health effects of vaping aren't known yet. But when you vape, you:**



inhale dozens of chemicals, including formaldehydes



might inhale harmful contaminants like nickel, aluminum and tin



develop a nicotine addiction



## Can vaping help me quit smoking?

Vaping can be used as a way to quit smoking as it delivers nicotine in a less harmful way than cigarettes. Even though vaping delivers a fraction of the chemicals found in cigarette smoke, it is not without risk. If you want to quit smoking safely, talk to a health professional about Nicotine Replacement Therapy products like nicotine patches, gums or lozenges that can help you with nicotine withdrawal symptoms.

**Young people often become smokers by developing a nicotine habit through vaping.**

Government of  
Northwest Territories



Want to quit?  
We can help

**Call 811**

All calls are private and confidential  
Registered nurses are available 24/7

