



5 Things About...

VAPING

Even though vaping is being marketed as less harmful than smoking, the long-term health effects are unknown. Why risk it?



Vaping can lead to a nicotine addiction, causing increased cravings and negative effects on memory.



Vaping can expose you to harmful chemicals like formaldehyde and acrolein, and metals and contaminants like nickel, tin and aluminum that can cause lung damage.



The long-term effects of inhaling the chemicals found in vaping liquids are unknown.



While second-hand vapour contains fewer chemicals than second-hand smoke, it is still harmful and the long-term health effects from exposure are still unknown.



The higher the power and temperature settings in the vaping device, the more chemicals that can be produced and the person exposed to.

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE
CAMPUS**

Fall 2021

Visit uwindsor.ca/smokefreecampus for more information, resources and supports.

Sources listed online.

Scan me!

