

Tuesday, 11 March 2025

Health and Social Wellbeing Improvement



Vaping factsheet

What is vaping?

Vaping is the inhaling (breathing in) of vapour created by an electronic device that can be known as a vape, e-cigarette or electronic nicotine delivery system (ENDS).

Vapes work by heating a liquid (called an e-liquid/e-juice). The liquid typically contains nicotine, propylene glycol, vegetable glycerine and flavourings, some of which may be potentially harmful to the body. When heated, the nicotine changes into a vapour. The nicotine and other ingredients are inhaled into the body.

Vapes come in a variety of shapes, sizes and colours. Some can be disguised as items including pens and USB memory sticks.

While they are being used by some smokers as a quit aid or harm reduction product, there are an increasing number of young people vaping who are non-smokers. There has been a rapid increase in the use, availability and promotion of vaping devices.

The health advice is clear: young people and people who have never smoked should not vape.

What does the law say?

Vapes are an age restricted product. It is illegal to sell a vape to someone who is under 18 and to purchase a vape for someone who is under 18 years old.

For any nicotine containing e-liquid the maximum legal limit of nicotine is 20mg/ml. At this concentration 1ml of e-liquid is roughly equivalent to smoking **20 cigarettes**. A device containing 20mg/ml liquid may say 2% nicotine. For disposable vapes the tank size must not exceed 2ml, which roughly equates to **600 puffs**.

However, there are a variety of vapes being sold which are unregulated (illegal). These may contain higher levels of nicotine than the permitted 20mg/ml and disposable vapes are being sold which contain more than 600 puffs. The content of these unregulated vapes isn't known and they may have serious health implications.



HSC Public Health Agency

This factsheet explains what vaping is and outlines the law which regulates the contents and sale of vapes. It considers the reasons why young people vape and why parents should be concerned about the health risks for young people taking up vaping.

Details

Format

2 pages, A4 factsheet

Target group

Parents

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Attachment**Size**

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