

**SOME PEOPLE VAPE TO TRY TO QUIT  
SMOKING BECAUSE IT'S LESS HARMFUL.**



**LESS HARMFUL  
DOESN'T MEAN SAFE.**

**IF YOU DON'T SMOKE,  
DON'T VAPE.**



Services de santé du  
**TIMISKAMING**  
Health Unit

R-10a-SFO (02.2019)

[www.timiskaminghu.com](http://www.timiskaminghu.com)  
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Made for  
**YOUTH**  
by youth!

Adapted from North Bay Parry Sound District Health Unit.