

SHARING VAPES



Sharing a vape means sharing saliva that can carry viruses and bacteria.

- This can spread infections like cold sores, colds, flu and even meningitis.
- Sharing makes it harder to control how much nicotine you take in.
- Nicotine can affect attention, mood and concentration

You don't know what's in someone else's vape.

MYTHS

There are lots of myths about sharing vapes, but the truth is:



"It's only one puff."

Even one puff can expose you to nicotine. Occasional use can still lead to cravings and addiction.



"If my friend looks fine, it's safe to share."

People can still pass on germs even if they do not look ill. Saliva on the mouthpiece can spread infections.



"It's my mate's, so it's safe."

You don't know what's in it, how strong it is, or where it came from.

**REPORT
ILLEGAL VAPES**

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RHANNU FÊP



Mae rhannu fêp yn golygu rhannu poer sy'n gallu cario firysau a bacteria.

- Gall hyn ledaenu heintiau fel doluriau annwyd, annwyd, fflwi a hyd yn oed meningitis.
- Mae rhannu'n ei gwneud hi'n anoddach rheoli faint o nicotin rwyf ti'n ei gymryd i mewn.
- Gall nicotin effeithio ar sylw, hwyliau a chanolbwyntio.

Fedri di ddim gwybod beth sydd mewn fêp rhywun arall.

MYTHAU

Mae llawer o fythau am rannu fêp, ond y gwir yw:

1 “Dim ond un pwff yw e.”
Gall hyd yn oed un pwff dy amlygu i nicotin. Gall defnydd achlysurol arwain at blys a dibyniaeth.

2 “Os yw fy ffrind yn edrych yn iawn, mae'n saff rhannu.”
Gall rhywun basio germau ymlaen heb edrych yn sâl. Gall poer ar y darn ceg ledaenu heintiau.

3 “Fêp fy ffrind i yw e, felly mae'n saff.”
Dwyt ti ddim yn gwybod beth sydd ynddo, pa mor gryf yw e, na ble mae'n dod.

**ADRODD AM FÊPS
ANGHYFREITHLON:**

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