



Queensland Health

# Co-designed vaping resources

Burmese-speaking community



Queensland  
Government

# Background

These Queensland Health vaping resources have been co-designed with 21 consultants from Queensland's multicultural communities.

The resources feature community and faith leaders who talk about their experiences with vaping and why it's bad for your health.

These resources can be shared through your community on social media and in local spaces like your local church or community centre.

## What you need to know about vaping

Electronic cigarettes or e-cigarettes (vapes) are battery-operated devices. They heat up liquid to make a vapor you breathe in. Using an e-cigarette is called 'vaping'.

### What is in vapes?

- Vapes contain the harmful chemicals found in floor cleaners, nail polish remover, weed killer and bug spray
- Most vapes have nicotine in them which makes them addictive
- One vape can have five times the nicotine content of a cigarette
- Most vapes that have nicotine in them are labelled 'nicotine-free'.

### Health effects and addiction

- Vapes can cause harm to your body:
  - Serious lung damage
  - Burns
  - Nicotine addiction and poisoning (this can affect damage your brain)
  - Trouble breathing
- The nicotine in vapes can increase feelings of stress and worsen depression and anxiety



- There are safer ways to cope with your mental health/illness without vaping
- The long-term effects of vaping is unknown
- One puff of a vape can make you addicted to vaping
- If you vape you are 3 times more likely to take up smoking cigarettes.

## Laws about vaping

- In Queensland, vaping laws are changing. For more information, visit <https://www.tga.gov.au/products/unapproved-therapeutic-goods/vaping-hub/vapes-information-patients-and-consumers>

## Quit vaping

- Quitting vaping is possible
- Share facts and information about vaping and encourage them to quit
- Offer ways to quit based on their reason for vaping
- Wanting to quit? Visit <https://www.quithq.initiatives.qld.gov.au/how-to-quit/get-help-from-quitline> to find out more.

# Resources

This resources pack includes:

- Videos
- Posters
- Social media graphics and text

You can see the full resource collection [here](#).



## Social media graphics, videos and text

Copy	Videos	Main graphics	Story graphics
Clear the air and start the conversation about vaping <ul style="list-style-type: none"> <li>• <a href="#">English</a></li> <li>• <a href="#">Burmese</a></li> </ul>	English <ul style="list-style-type: none"> <li>• <a href="#">30 seconds</a></li> <li>• <a href="#">1 minute</a></li> </ul>		
Prini's story <ul style="list-style-type: none"> <li>• <a href="#">English</a></li> <li>• <a href="#">Burmese</a></li> </ul>	English <ul style="list-style-type: none"> <li>• <a href="#">30 seconds</a></li> <li>• <a href="#">1 minute</a></li> </ul>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>
Alesha's story <ul style="list-style-type: none"> <li>• <a href="#">English</a></li> <li>• <a href="#">Burmese</a></li> </ul>	English <ul style="list-style-type: none"> <li>• <a href="#">30 seconds</a></li> <li>• <a href="#">1 minute</a></li> </ul>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>
Ezaias' story <ul style="list-style-type: none"> <li>• <a href="#">English</a></li> <li>• <a href="#">Burmese</a></li> </ul>	English <ul style="list-style-type: none"> <li>• <a href="#">30 seconds</a></li> <li>• <a href="#">1 minute</a></li> </ul>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>
John's story <ul style="list-style-type: none"> <li>• <a href="#">English</a></li> <li>• <a href="#">Burmese</a></li> </ul>	English <ul style="list-style-type: none"> <li>• <a href="#">30 seconds</a></li> <li>• <a href="#">1 minute</a></li> </ul>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>	<a href="#">English 1</a> <a href="#">English 2</a> <a href="#">English 3</a> <a href="#">English 4</a> <a href="#">English 5</a> <a href="#">English 6</a>

## Posters

Poster topic	Language
Vaping and your community – it's time to clear the air	<a href="#">English 1</a> <a href="#">Burmese 1</a> <a href="#">English 2</a> <a href="#">Burmese 2</a>
How to start the conversation about vaping	<a href="#">English 1</a> <a href="#">Burmese 1</a> <a href="#">English 2</a> <a href="#">Burmese 2</a>
Prini's story	<a href="#">English</a> <a href="#">Burmese</a>
Alesha's story	<a href="#">English</a> <a href="#">Burmese</a>
Ezaias' story	<a href="#">English</a> <a href="#">Burmese</a>
John's story	<a href="#">English</a> <a href="#">Burmese</a>

## Contact us

If you have any questions about this pack, please contact Queensland Health at: [engagement@health.qld.gov.au](mailto:engagement@health.qld.gov.au)