VAPING IS NOT HARMLESS





HERE ARE SOME TIPS FOR WHEN YOU ARE READY TO QUIT VAPING

REDUCE NICOTINE GRADUALLY

- After 12 weeks of no tobacco at all (exclusive use of vape) reduce your usual nicotine liquid strength every 2 4 weeks, or longer as needed
- For example: 20mg 18mg 12mg 6mg 3mg 0mg



REDUCE WHEN You vape

- If you normally vape every 20 minutes, try waiting 40 minutes
- Only vape at certain times of the day
- Don't constantly have your vape in your hand



- Set boundaries for where you vape, for example outside only and out of sight of family and friends, especially children
- Only vape at work on breaks, outside

LIMIT WHAT Flavours you USE

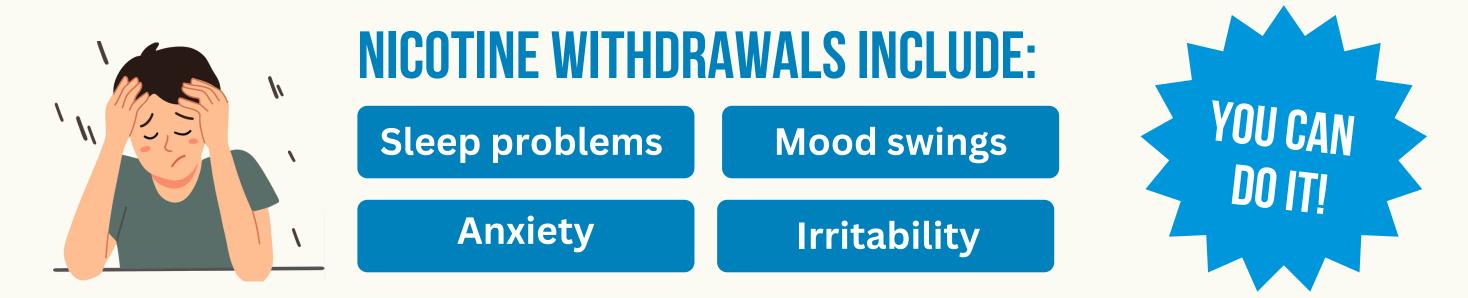
• Choose a flavour you really don't like







Makes vaping less pleasant and enjoyable



IF YOU EVER GET THE FEELING THAT YOU WANT TO SMOKE TOBACCO AGAIN, REACH FOR YOUR VAPE OR EVEN BETTER, NICOTINE REPLACEMENT THERAPY (NRT)

WHERE TO GET SUPPORT

Free and confidential support with stopping smoking or vaping available to any adult or young person in Highland. Visit: **www.smokefreehighland.scot.nhs.uk**



Reference (NCSCT APRIL 2024)