

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



REDUCE WHERE YOU VAPE

- 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



NICOTINE WITHDRAWALS INCLUDE:

Sleep problems

Mood swings

Anxiety

Irritability

**YOU CAN
DO IT!**

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

