# 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

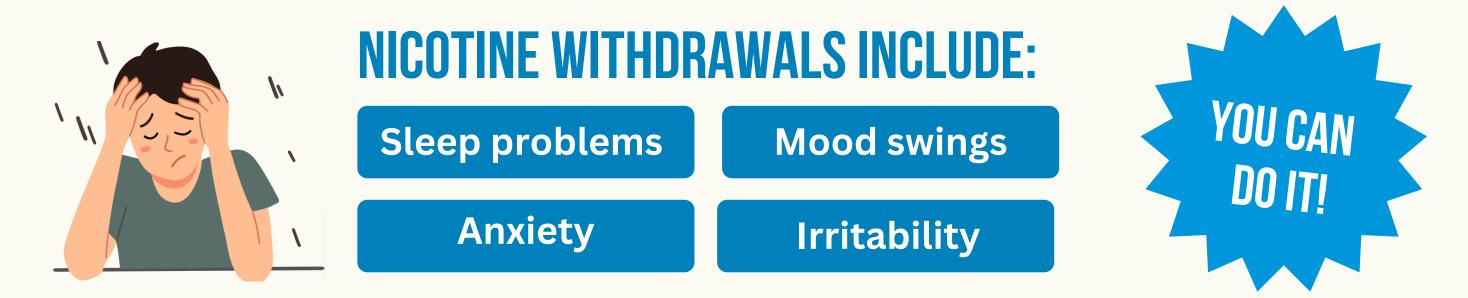
• Choose a flavour you really don't like







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)