

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 (only using a vape) reduce your usual nicotine liquid strength every 2 to 4 weeks, or longer as needed.
- For example: 20mg - 18mg - 12mg - 6mg - 3mg - 0mg.



Reduce when you vape

- If you 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

Irritability

Anxiety



It's best to not start at all.

If you ever get the feeling that you **want to smoke** tobacco again, **reach for your vape** or even better, **nicotine replacement therapy (NRT)**.

Free and confidential support with stopping smoking or vaping available to any adult or young person in Highland.

www.smokefreehighland.scot.nhs.uk

SCAN ME

