

# TIPS TO HELP YOU QUIT VAPING

**Short-term vape use can be a really useful tool to quit smoking tobacco. But we don't know the long-term risks. If you have never smoked, don't start vaping.**

**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 mins, try waiting 40 mins**
- **Only vape at certain times of the day**
- **Don't constantly have your vape in your hand**

## **Reduce where you vape**

- **Don't vape inside buildings, in the car or in front of kids**
- **Only vape at work on breaks, outside**

## **Choose a flavour you really don't like**

- **Making vaping less pleasant and enjoyable**

**If you ever get the feeling that you want to smoke tobacco again,  
reach for your vape or NRT**

**You CAN do this!**

**QUIT YOUR WAY**  
with our support

**Contact  
Smoking Cessation  
Quit Your Way  
01851 708040**