

VAPE TO QUIT

An option for people who smoke



What is vaping?

Vape devices are also known as e-cigarettes. They, heat a liquid (with or without nicotine), turning it into an aerosol (vapour) that is inhaled by the user.

How is vaping different to smoking?

Vaping is different to smoking. Smoking burns tobacco leaf, creating smoke – it is the burning of the tobacco that causes most of the harm. Vaping using a nicotine e-liquid still delivers nicotine but in a much less harmful way than smoking.

What vape device should I use?

There are many different vaping devices on the market. Going into a vape store is the best way to get a vape that's right for you. It's a personal choice that depends on many things, like how often and how much you smoke.

What vape liquid should I use?

Choose an e-liquid with a flavour you like, and nicotine base and strength that matches how you smoke. Talking to a vape store specialist can help you find that fit.

Risks of vaping

While vaping is less harmful than smoking it is not harm free; nicotine in any form is harmful, and there are additional chemicals in e-liquids. The risks associated with long-term vaping are unknown. Ideally, smokers who are vaping to quit should be aiming to eventually stop vaping too.

Side effects of vaping

There are side effects to vaping. These can depend on how much you vape and what style e-liquid you choose.

The most common side effects of vaping include:

- Coughing
- Dry mouth and throat
- Shortness of breath
- Mouth and throat irritation
- Headaches

Second-hand vapour

Second-hand vapour is not as harmful as second-hand smoke. Currently there is no evidence to show that second-hand vapour is harmful. However, it is best not to vape around children and to be considerate of others.

Cost of vaping

Apart from the initial set up costs, vaping costs much less than smoking.

Laws on vaping

Nicotine vaping products cannot be sold to anyone under the age of 18. There are no laws around where you can vape in New Zealand. People can vape anywhere unless a council, business or school has their own policy in place.

Vaping to quit smoking

Quitting smoking can be tough. Vaping is a way to quit cigarettes by getting nicotine with fewer of the toxins that come from burning tobacco. You get to stay social, spend less, and once you've quit smoking, you'll feel better for it.

You should aim to stop smoking completely, rather than smoke and vape, as even one cigarette a day can cause damage.

Switching successfully from smoking to vaping?

To transition successfully from smoking to vaping, it helps to get advice and support.

Quitline - call any time, 24/7, on 0800 778 778 or text 4006.



You can also get support from their online community at www.quit.org.nz/blogs



Taranaki Stop Smoking Service [06 759 7314](tel:067597314)
stopsmoking@tuiora.co.nz

Vaping Facts website

<https://vapingfacts.health.nz>

