

What is vaping?

Vapes are also known as e-cigarettes.
The design of vapes keeps changing.
Vapes heat liquid to become an aerosol.

Vaping is addictive

Most vapes contain nicotine.
Nicotine is addictive, it makes it harder
to quit.

Vaping is not safe

Vapes have many other chemicals
which can harm your health.

Get support

For information and support visit
your local clinic.

Talk to a friend or family
member who has quit or who
doesn't smoke.

Call Quitline 13 78 48

Quitline is a welcoming, free
and confidential
counselling service.

You can ask to speak to an
Aboriginal counsellor.

Your local clinic details

.....

Phone No:.....

VAPING

What you should
know and how to quit.



Vaping laws

In Australia, it is illegal for shops, except for pharmacies, to sell vapes.

Vaping is banned everywhere smoking is banned.

Vaping is still new.

The laws and evidence about vapes will change.

Vaping to quit smoking

Vaping should only be used to quit smoking if more proven ways, like nicotine replacement therapy (NRT) or medicines, haven't worked.

If you want to use vapes to quit smoking, talk to your clinic.

How to speak to a young person about vaping

- It's good to talk to young people about vaping before they try it.
- Ask what they know and think about vaping.
- Listen without judging.
- Share your feelings, like being worried about their health, and let them know you want to help.

If they are already vaping, talk to them kindly and work together on ideas that might help.



Ready to quit?

Set a quit day _____

Tell your friends and family you are quitting

Try the 4Ds



- Delay for at least five minutes, the urge will pass



- Deep breathe slowly



- Do something else to distract yourself



- Drink water to take time out, sip slowly

Speak to your clinic about medicines to support you to quit.