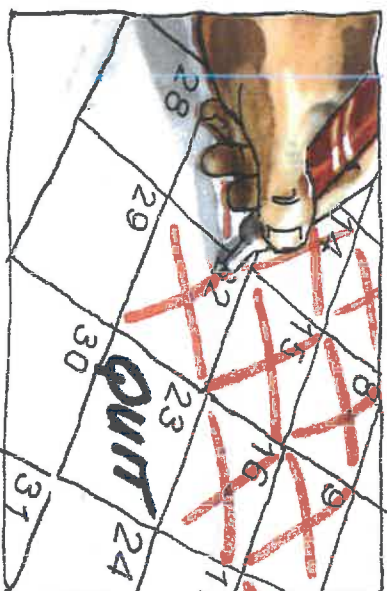


You may have started vaping because you thought it was safer than smoking or that it would help you quit smoking. Or, maybe you thought inhaling vapor that tastes like blueberry cheesecake could help you say no to dessert. But now health experts are warning that vaping can harm your health. Here is what you need to know about how to quit.

Think about why you want to quit.

Your reasons might include:

- ✓ Vaping may not help you quit smoking regular cigarettes. It may even make quitting harder.
- ✓ You want to lower your risk for heart disease, stroke and diabetes. Using nicotine raises the risk for all those health problems.
- ✓ Vape juices contain many different chemicals. The long-term health effects of vaping these chemicals are unknown.
- ✓ Vapes can explode without warning and cause serious injuries.
- ✓ You don't want kids to see you vaping.



Make a plan.

- ▶ Pick a quit date and make a plan.
- ▶ Your plan should include how you will deal with cravings and where you will get support when it gets tough.
- ▶ If you also smoke regular cigarettes, make a plan that includes quitting them as well.
- ▶ Remember - plan a reward for yourself for each small success in your quit plan.

Get support.

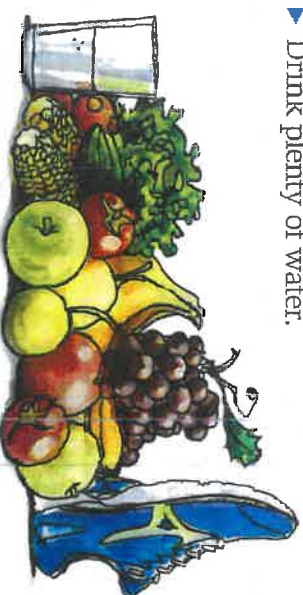
- ▶ Tell your friends and family that you are quitting vaping and ask for their support.
- ▶ Seek out others who have quit or are trying to quit vaping.
- ▶ Look online or in your community for a quit coach or support group. Consider free resources like Nicotine Anonymous.

Plan for your triggers.

- ▶ Certain situations or feelings can make you crave nicotine.
- ▶ Figure out what people, places, feelings, times or actions trigger your urge to vape. If you can, try to avoid those things that trigger cravings.
- ▶ If you can't avoid triggers, think back to your plan.
- ▶ Perhaps your plan includes using gum or mints, or having something to fidget with.
- ▶ Remember, most cravings start to pass within a few minutes.

Focus on healthy habits.

- ▶ Eat lots of fruit and vegetables.
- ▶ Exercise to reduce cravings and boost your mood.
- ▶ Drink plenty of water.



What about nicotine-free vapes?

- ▶ A wide variety of chemicals are used to create vape juice flavors.
- ▶ Early studies suggest that some flavorings can damage the lungs.

Ways to quit include:

Cold Turkey

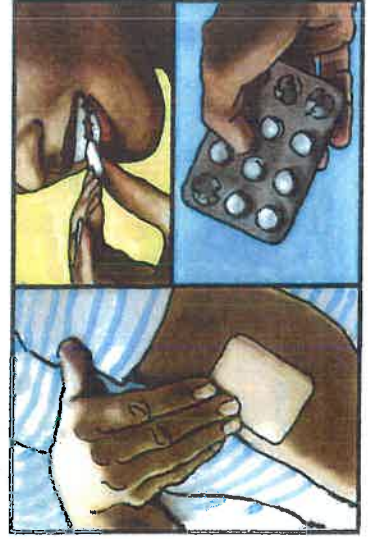
- ▶ Many people stop vaping all at once. If you do, you will likely have some withdrawal symptoms such as anxiety, irritability, dizziness, nausea and trouble with sleep.
- ▶ Withdrawal symptoms tend to improve after 3 or 4 days.

Reduction Method

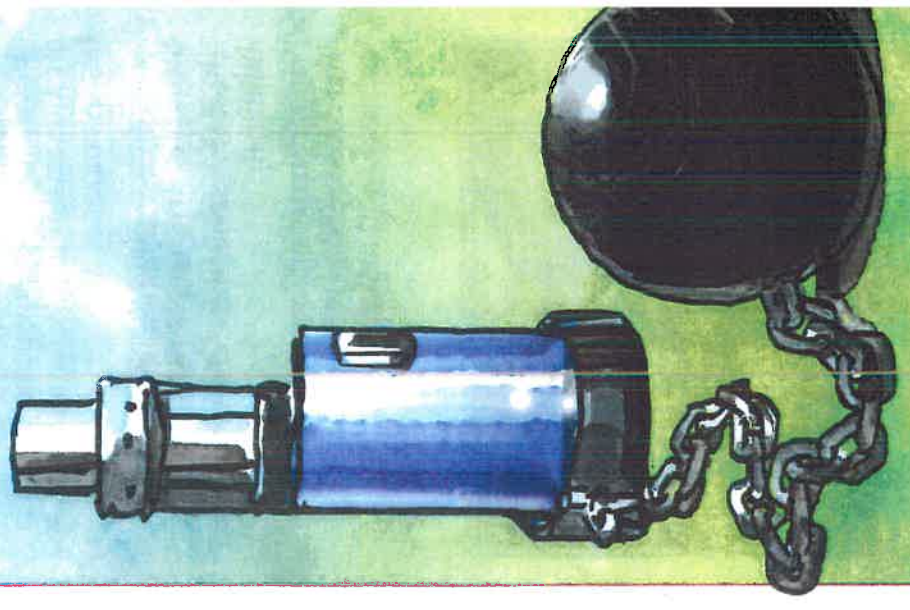
- ▶ Make a plan to reduce the amount of nicotine you vape each day.
- ▶ Use vapes or vape juice with reduced nicotine content. Continue to lower your nicotine levels. Then stop vaping.
- ▶ If you use flavored vape juice, get a flavor you don't like or go flavorless.

Replacement Approach

- ▶ Nicotine replacement therapy (NRT) includes using nicotine gum, patches or lozenges.
- ▶ Talk to your health care provider to find the best NRT method for you.



How to Quit Vaping



There are plenty of reasons people use vapes. Many think using regular cigarettes. Others may be caught up in the trendiness or think it will help them lose weight. The truth is, vaping is not a healthy habit. Look inside for tips on how to quit vaping.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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