

Vaping advice

Know the facts on vaping and nicotine addiction



Vaping is less harmful than smoking, but it is not risk free.

Nicotine is one of the most addictive drugs in the world.

Getting addicted is easy – stopping can be difficult.

Over time, nicotine tricks your brain into believing you need more of it, just to feel ok.

Know what you're vaping

- Maximum nicotine legally allowed in a vape - 2% (20mg / ml)
- Illegal vapes can contain high levels of nicotine – or no nicotine at all
- A vape with over 800 puffs - likely to be illegal and untested
- Vaping will expose you to some toxins and the long-term effects are unknown

Report sellers at
Nolfs-NoButts.co.uk

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If you vape and feel:

- Agitated
- Anxious
- Hungrier than usual
- Unable to focus
- Unable to sleep

You may be addicted to nicotine



How do you feel in situations where you can't vape?

agitated

stressed

NEED VAPE!

depressed

moody

withdrawals

p***ed off

frustrated

angry

anxious

Many people who vape say it affects their wellbeing

The nicotine cycle of reward and withdrawal takes freedom of choice away, making it harder to quit

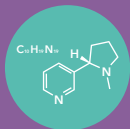
Nicotine cycle and how it works



Nicotine is a stimulant
It makes your brain release
dopamine - the 'happy chemical'



Effects are immediate
and powerful
Cravings can develop after
only a few uses



The urge to vape is then driven
by the need for nicotine...
not sweet flavours



Withdrawal starts
20min after the last hit
The brain starts seeking more

Vaping with nicotine may seem like a stress-buster, but relief is temporary
– withdrawal kicks in quickly

Quitting nicotine timeline

Day 1 - 3: You'll be restless and physically craving a vape. You may feel sad

By day 3, nicotine is out of the body

Day 4 - 7: Cravings taper off but anxiety may start to rise. You may have headaches, increased appetite and trouble concentrating

By the end of week 1, you will have made it through the worst

Weeks 2 to 4: Your energy levels will start to build your appetite will settle down and your anxiety will also improve



By 1 month: Physically you have cracked this. The challenge now is keeping a strong mental game

Find support around you

- Talk to someone you trust who can help you quit - a family member or a friend - try to be as open as you can about how you feel
- Understand and talk about your reasons and thoughts on vaping
- Listen to any concerns they may have and why they want to help you quit
- Know that relapses are normal and come up with a plan to address them if they happen
- Set milestones and treats for yourself for each one - perhaps something you can enjoy with family and friends
- Contact Help Me Quit - free NHS support for smokers and vapers who want to quit



Top 5 quitting tips

1. **Know your triggers:** Think about what makes you want to vape and remove vapes from the home
2. **Manage cravings when they hit:** Chew sweets, use fidget toys or drink water to mimic vaping sensations
3. **Make a quit plan and set a date:** Thinking ahead can make things easier
4. **Build your support:** Reach out to friends, family, someone you trust
5. **Stay positive:** Relapse is part of the process of recovering from an addiction



Support is available

NHS support: free professional support for vapers and smokers with Help Me Quit.

Nicotine mouth spray: Quit vaping aid to help relieve cravings.

Reducing nicotine: Tapering down the amount you vape can reduce addiction.



Text: HMQ to 80818

ash wales
cymru
action on smoking and health



For more support and information:

 ash.wales

 enquiries@ashwales.org.uk

 029 2049 0621

Not all vapes are equal...

Many vapes sold by unofficial retailers are **untested** and **illegal products**. Anything over 800 puffs is suspicious.

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