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INFO


# Vaping

## ADVICE & GUIDANCE

Nicotine vaping is substantially less harmful than smoking. It's also one of the most effective tools for quitting smoking. We only recommend it for adult smokers, to support quitting smoking and staying quit (NHS, 2024).

### Did you know?

 Vaping costs much less than smoking. Once you have bought the kit, it's been estimated that vaping costs about a third as much as smoking.

 Almost two-thirds of people who use a vape along with support from Stop Smoking Services successfully quit smoking.

Vaping is not completely risk-free, but it poses a small fraction of the risk of smoking cigarettes. (NHS, 2024)

Scan/Click the QR code to access a range of regularly updated resources for advice and support from third-party organisations to quit smoking and vaping.



ONE YOU  
PLYMOUTH

Tel: 01752 437177  
livewell.workplacehealth@nhs.net  
www.livewellworkplacehealth.co.uk

Livewell  
Southwest