

v4pril™ 2020

Vaping Awareness Month



switch on to vaping plan



Written by vapers for smokers
in partnership with



STEP 01 GETTING STARTED

So, you've heard a lot about e-cigarettes and decided to have a go at switching away from smoking, where do you start?

You may find the vast array of products quite bewildering, but there are plenty of resources to help you make the right choice for you.

- Get recommendations from friends and family who vape.
- Go online, there are many YouTube guides and forums where vapers will be glad to offer their tips
- Go into your local vape shop, after a quick chat they will be able to advise you where to begin

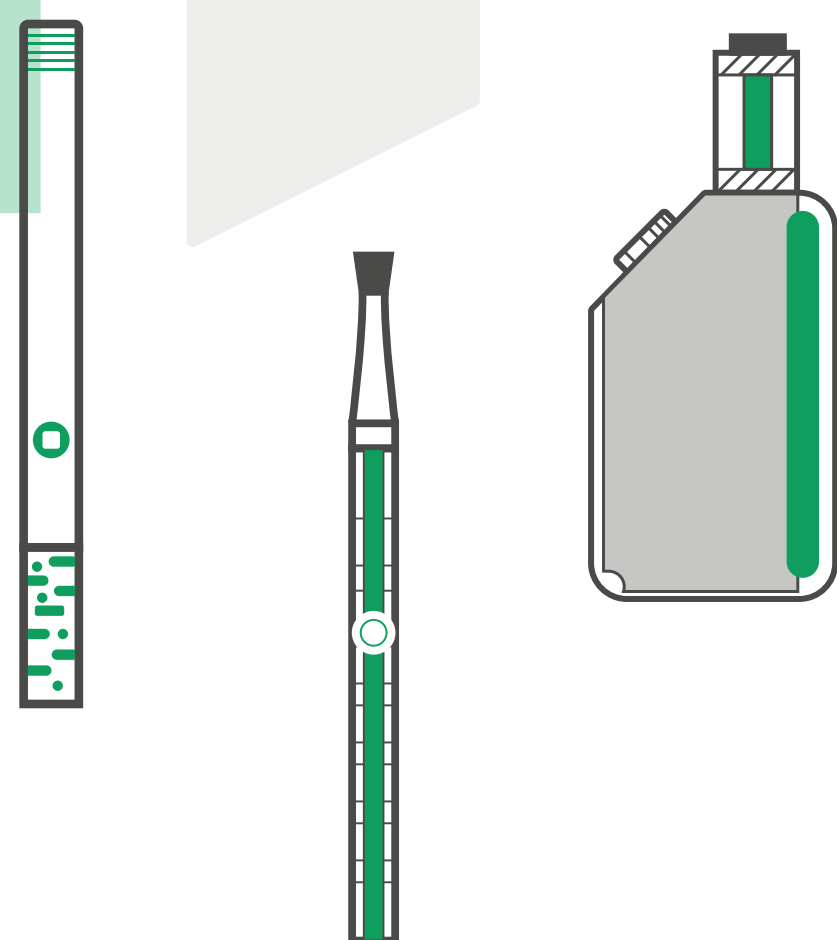


STEP 02 CHOOSE THE RIGHT VAPE

device

Different devices work for different people

There is a huge range of vaping devices out there for you to choose from and some of the most common devices are shown in this plan. Different devices work for different people; this can depend on whether you like a long battery life, a huge range of flavours or simply want the most convenient option. Take advice on which device you should try and if something isn't working for you, don't give up! Find a new device and try that instead.

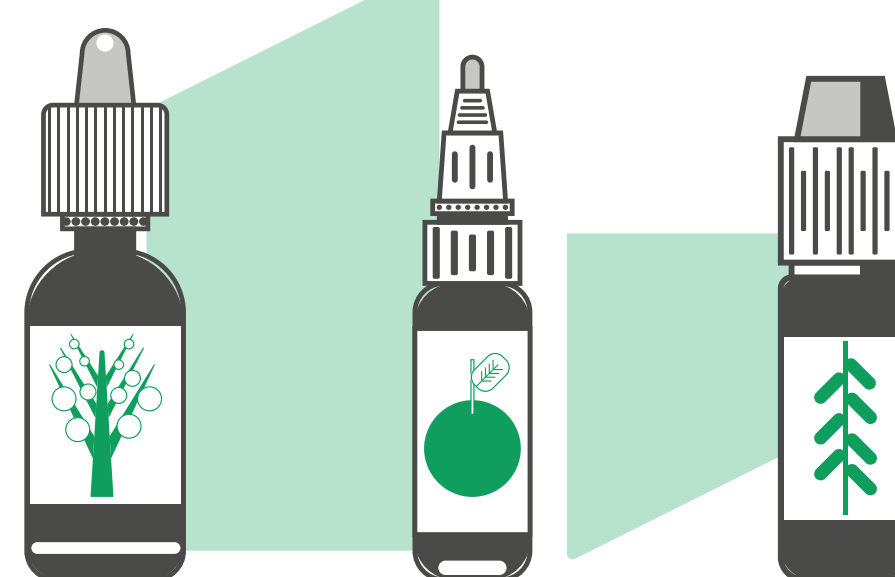


Which device you use along with nicotine strength and choice of flavour are important for making your vaping experience a satisfying and a successful alternative to smoking.

flavour

Try different flavours

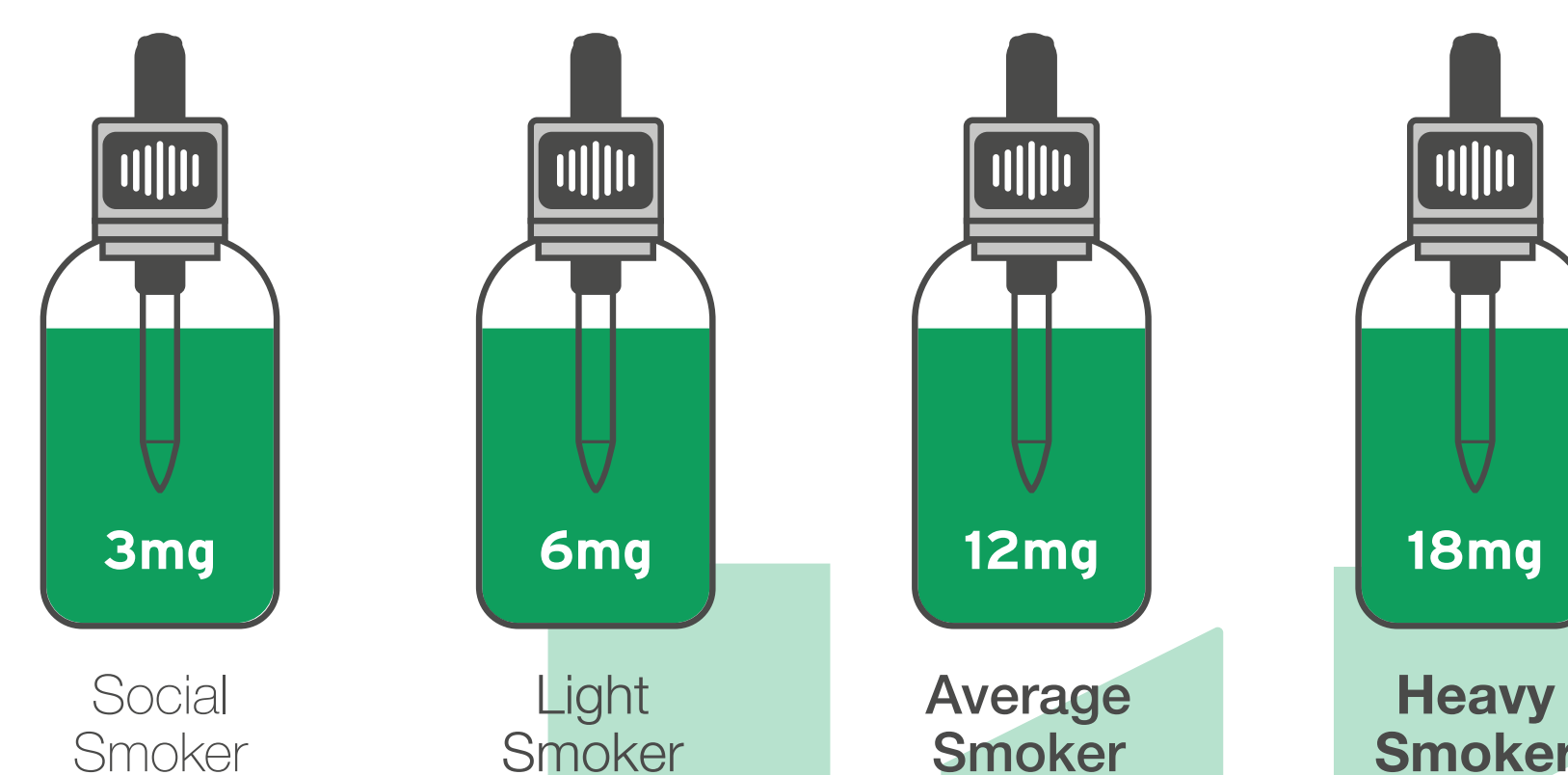
All vapers who have switched from smoking are different; the flavour that works for someone else may not necessarily work for you. You might think you want a tobacco flavour, because that's closest to smoking, and most smokers initially go for those flavours. But don't turn your back on fruit or sweet flavours. Many an ex-smoker has enjoyed the new experience of a different flavour and say they wouldn't go back to tobacco flavour. Try a variety of flavours and see what you like.



strength

Experiment with strength

You may find it best to go for the highest nicotine strength to begin with to best match what you are used to getting from cigarettes. You may want to dial down the nicotine strength over time, but don't feel you have to. Nicotine isn't the dangerous element of smoking so if you're happy with a high level and it works, carry on, you will already be taking in at least 95% less toxins than smoking delivers.



Above all, experiment, it's fun! When you find your perfect vape, you'll know it and will never look back.

EXERCISE PATIENCE STEP 03

Don't worry

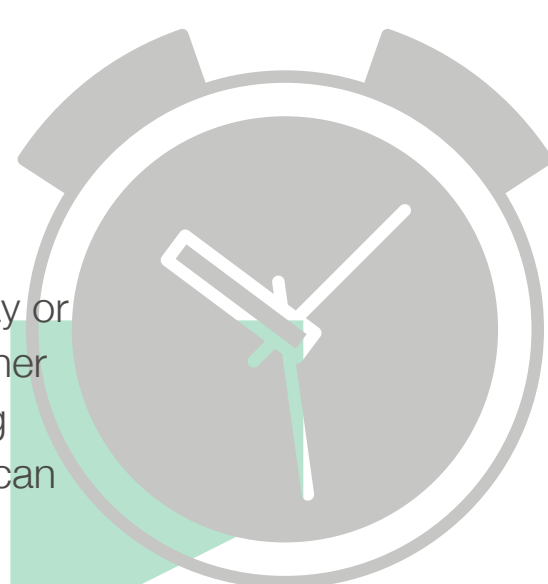
All vapers are different.

You may have friends who tried vaping and instantly switched, but don't worry if that doesn't happen for you. You will have plenty of habits and smoking cues over the years to break, so have patience.

Establish your routine

Evaluate how you are getting on after at least a couple of weeks.

You may find that you slip into vaping comfortably straightaway or you may take a while to establish your new vaping routine, either is fine. If you have any concerns after a few weeks, ask vaping friends for their tips, or pop into your local vape shop as they can offer helpful advice too.



Don't run out of charge

Lastly, always make sure you have enough charge in your battery when out and about, along with liquid to top up if you run low, and it is always a good idea to carry spare coils with you to avoid being left vape-less.



Vaping is not smoking

Smokers binge on nicotine, while vaping is more like grazing.

Vaping delivers less nicotine than the huge blast you get from a cigarette, so you will find regular 'sips' of vapour could take time to get used to instead of a quick smoke break. And don't think you have to blow huge clouds and have people staring at you. It's perfectly possible to vape discreetly, in fact the vast majority of vapers do exactly that, chances are you've never noticed many of them.



STEP 04 STAY SWITCHED

Ready to make that permanent switch to vaping? Remember these points:

- Research:** Always get as much advice as you can to help guide your vaping journey
- Experiment:** Don't be afraid to try different flavours and nicotine strengths, it's enjoyable
- Be patient:** Giving your new vaping regime time to bed in will make success more likely
- Stay switched:** Give vaping time to replace smoking in your life, and if you slip and have a cigarette, don't worry. If that happens try increasing your nicotine strength or try a new flavour or device.