



## Harm reduction tips for people who vape nicotine e-liquids

For people who smoke tobacco, vaping could be a harm reduction strategy. For everybody else, the safest option is not to vape at all. This factsheet outlines some strategies to reduce harm from vaping. Not all suggestions will be relevant to everyone, and the unique circumstances of each person should be taken into consideration.

### Get a prescription

Avoid using nicotine vapes sourced from the unregulated market. These can contain unlisted toxic ingredients, and variable amounts of nicotine. Switch to prescribed liquid nicotine instead.

### Quit tobacco

People who also smoke tobacco should switch to vaping only. Once confident they won't go back to smoking tobacco, the person should consider quitting vaping too.

### Find the right nicotine concentration

Less puffs = better. For people who are dependent, having their nicotine craving satisfied with just a few puffs is desirable because less puffs means less inhalation of the other chemicals in e-liquids.

### Manage frequency of use to avoid or reduce dependence

It can be easy to vape frequently and for longer than planned. Monitor and set limits on vape use (where, how long, how often). Store vapes out of easy reach between use.

### Don't get "nic sick"

Too much nicotine can leave people feeling nauseous. Be mindful when using a new unregulated vape which has an unknown nicotine concentration. Start with one puff and allow time for the nicotine to take effect before inhaling again.

### Avoid "dry puffing"

When a vape runs out of liquid, the internal mechanisms can burn and release toxic fumes. This is called "dry puffing". Discard disposable vapes and top up re-fillable devices before the liquid runs out.

### Throw disposable vapes out when they're used

Never attempt to modify or re-use disposable vapes. The parts inside are not designed to be reused and tampering with batteries can cause explosions.

### Follow manufacturer's instructions

Modifiable devices have customisable features that should always be used within the bounds of the manufacturer's instructions. Overheating the coil risks releasing harmful toxins.

### Maintain devices

Re-usable devices need to be maintained. The coil wears out and needs to be replaced, as frequently as every week. Stock up on replacement parts and change as required.

### Manage batteries safely

Batteries can catch fire or explode. Always charge, store, and use batteries as per the manufacturer's instructions and dispose of safely via a battery recycling point. Check your local government website for more information on safe battery disposal.

### Avoid vaping in places it's not allowed

Avoid vaping in places where smoking is banned, like schools, hospitals and other no smoking areas. If this is difficult it might indicate nicotine dependence. Consider talking to a health professional about options to help manage withdrawal symptoms.



Nicotine liquid can be absorbed through the skin and is toxic when ingested. Store nicotine liquid away from children and pets, and wear gloves when topping up refillable vapes. Call the Poisons Information Centre on **13 11 26** if you are concerned, and call **"000"** in an emergency.