

VAPING **HARM REDUCTION** TIPS

Vaping is significantly less harmful than smoking cigarettes, but it is not risk-free and can potentially cause harm. The best way to protect your health is to not vape. **Here are some tips to help reduce your risk if you vape.**

Quit smoking



People who smoke and are unable to quit using all other scientifically proven methods should talk to their healthcare provider about switching completely to vaping to reduce exposure to harmful and cancer-causing chemicals.

Do not use unlabelled or old products



Avoid products with missing/damaged labels. Don't get products from social or unregulated sources if the ingredients cannot be confirmed. Only use e-liquid (vape juice) that is within its shelf life, usually two years from the manufacturing date.

Prevent battery fires and explosions



Be careful not to overheat or overcharge batteries. Use the charger cable and battery that came with your vape, and don't leave it charging overnight. Follow provided instructions for safety and, if applicable, device modifications. Dispose batteries at a designated location.

Keep heat low



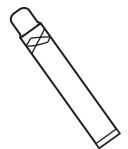
Using a vape device at high power or heat can potentially lead you to inhale more harmful chemicals. Be careful not to overheat your device and take breaks between puffs to allow it to cool. If your vape has a voltage or heat setting, start on the lowest option.

Prevent getting "nic sick"



Consuming too much nicotine at once can cause nausea and dizziness. Start one puff at a time, allowing for enough time for the nicotine to take effect before taking another.

Never modify or reuse disposable vapes



Once they are used, properly throw away disposable vape devices. Minimize e-waste by reducing your use of disposable vapes. Some vape and cannabis retailers in Canada accept vapes for recycling.

Store vaping devices and liquids safely

Orally ingesting or absorbing e-liquid (vape juice) through the skin can lead to nicotine poisoning. This can cause serious harm or illness, especially in small children. Keep children and pets away from e-liquid and other vape supplies by securely storing them. Wear gloves when refilling reusable vapes.

If you have concerns about poisoning, call your local poison centre in Canada at **1-844-POISON-X**, and call **"911"** in an emergency.

Take care of reusable devices



Keep your device clean

Empty and clean the vape tank in warm water regularly to prevent buildup. Allow it to air dry before using it again.

Change the vape coil regularly

An unpleasant or burnt flavour typically means the vape coil should be cleaned or changed. To prevent burning the internal device components, prime a new vape coil by leaving it to stand for a few minutes before use.

Avoid or limit long-term use

The longer and more often you vape, the greater the risk of dependence. Reducing how often you vape also lowers the amount of potentially harmful chemicals you are exposed to.

For some people, quitting vaping can be as hard as quitting smoking or can lead to a relapse to cigarettes. Quitting vaping can be difficult, but there are helpful options available: behavioural counselling, nicotine replacement therapy, and medications. Consider talking to a health care provider about options to manage withdrawal symptoms.

Learn more at intrepidlab.ca

