Stopping smoking is the best thing you can do for your health.

Tobacco smoke damages nearly every organ in the body.

It is the main cause of lung cancer and significantly increases the risk of heart diseases, stroke, and chronic lung disease.

For people who smoke, nicotine vaping is one of the most effective tools available to help you stop.



Where to get support

Talk to your local Stop Smoking Service or Quitline about the best way to vape when you are trying to stop smoking.

Find a Stop Smoking Practitioner
smokefree.org.nz/practitioner

- Quitline - phone, text or online support **quit.org.nz** | Call 0800 778 778 | Text 4006
- For more information about vaping to stop smoking, visit **vapingfacts.health.nz**

Health New Zealand
Te Whatu Ora

This resource is available from healthed.govt.nz or the Authorised Provider at your local health district. HE2578 | Revised October 2026



Vaping to quit smoking

Vaping is one of the most effective ways to stop smoking

Health New Zealand
Te Whatu Ora



Vaping is only for people who want to quit smoking.

Smoking vs vaping

Vaping is less harmful than than smoking.

Smoking delivers nicotine by burning tobacco, which creates many harmful toxins that can cause serious illness. Vaping delivers nicotine by heating an e-liquid, which is less harmful. Vape e-liquid does not contain tobacco.

Vaping to stop smoking

Vaping is one of the most effective ways to stop smoking.

Some people find vaping helps because the hand to mouth action is like smoking, and you get similar sensations. It is important to choose an e-liquid with enough nicotine to reduce withdrawal symptoms and the urges to smoke. Your local Stop Smoking Service or Quitline can advise you.

Risks of vaping

Vaping has not been around long enough to know the risks of long-term use.

We know it is not harmless, but we do know it is less harmful than smoking tobacco.

Once you have quit smoking and feel sure you will not go back, you should aim to stop vaping when you are ready.

Tips to help you switch from smoking to vaping

1. **Get support from a Stop Smoking Service**
   You can get support from your local Stop Smoking Service or Quitline. Their qualified staff can help you stop smoking using nicotine vapes and behavioural support.
2. **Choose the right vape for you**
   Vape e-liquid comes in different strengths of nicotine. It can take time to work out which e-liquid and device (such as a vape pod or pen) work best for you.
3. **Use quality vape products**
   Use quality products from a trusted source, like a specialist vape shop.
4. **Build your support crew**
   Share your stop smoking plans with people who can support you.
5. **Do not give up if you slip back**
   It may take several tries to completely switch to vaping. It is not a failure if you slip back to smoking.

Each attempt to stop smoking is an opportunity to find strategies that work for you, and a step towards stopping smoking for good.