



The PEI Smoking Cessation Program can help all Island residents who smoke, vape or use other tobacco products, and are ready to quit.

WHAT IS VAPING?

Vaping, also known as e-cigarettes, are small devices that are used to heat a liquid into a vapor that is inhaled.

WHAT'S INSIDE YOUR VAPE?

- **Nicotine:** Highly addictive and affects your brain by making you crave more.
- **Toxic Chemicals:** Found in cleaning supplies, batteries, and paint thinners.
- **Heavy Metals:** Lead and nickel, which can damage your lungs.

Note: Tobacco use in this booklet refers to commercial tobacco, not ceremonial tobacco.

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To learn more:
www.princeedwardisland.ca/quitsmoking



LIVE WELL
together we can

smokers' helpline

1-877-513-5333 smokershelpline.ca

ARE YOU 
READY TO
 **QUIT**
VAPING?



LIVE WELL
together we can

THE REAL BENEFITS TO QUITTING:



Improved Health

- Improved breathing and lung function.
- Reduced risk of heart and lung disease.



More Energy

- Better sleep, focus, and mood.
- Feel stronger and more in control of your day.



Save Money

- The average person who vapes spends hundreds of dollars per year — what could you spend that money on instead?

Make an appointment with your nearest Primary Care Network office or visit your local pharmacy to discuss how ready you are to quit smoking, vaping or using other tobacco products and explore the supports available to you.

Following your appointment, visit your local pharmacy to pick up your Nicotine Replacement Therapy (NRT) product.

The PEI Smoking Cessation Program (SCP) offers vaping quit support by means of nicotine replacement therapy products for eligible PEI residents who wish to stop vaping.

HOW DOES VAPING COMPARE TO SMOKING CIGARETTES?

	VAPING	SMOKING
Nicotine Content	Up to 40 cigarettes in a single pod	1-2 mg of nicotine per cigarette
How It Works	Heats liquid nicotine into an aerosol	Burns tobacco to release smoke
Health Risks	Lung damage, addiction, toxic chemicals	Cancer, lung disease, heart disease, addiction
Chemicals	Includes metals (lead, nickel), and solvents	Includes tar, carbon monoxide, formaldehyde
Flavors	Sweet flavors mask harsh chemicals	Harsh taste, no masking

WHY IS VAPING HARMFUL?

- **Lung Damage:** Vaping has been linked to lung illnesses, even in young healthy people.
- **Addiction Risk:** Nicotine from vaping is absorbed quickly, making it highly addictive.
- **False Safety Claims:** Vaping may seem safer, but it still delivers harmful chemicals to your body.

READY TO QUIT? SUPPORT IS AVAILABLE

Step 1: Make a Plan

- Set a quit date and write it down.
- Identify your triggers — stress, boredom, or social situations — and find healthier ways to cope.

Step 2: Get Support

- Reach out to friends and family for encouragement.
- Enroll in PEI's Smoking Cessation Program for Nicotine Replacement Therapy (NRT) products and quit coaching.

Step 3: Replace the Habit

- Stay busy with activities like exercise, art, or volunteering.
- Keep your hands and mouth busy with gum, water, or balanced snacks.

Step 4: Stay Strong

- Slip-ups happen — it's part of the process. Don't give up!
- Remind yourself why you quit.

We're Here to Help You Quit for Good!

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Smokers' Helpline
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*Take the first step today and
imagine your life vape free.*