



Nicotine Vaping Position Statement

- Nicotine vaping is significantly less harmful than smoking tobacco.
- There is insufficient evidence on the long-term effects of vaping, but evidence to date suggests that life-long nicotine vaping is preferable to life-long smoking.
- Nicotine vaping is not completely risk free and people who do not smoke should not start vaping.
- Nicotine vaping is an effective tool for smoking cessation, including for pregnant women. It also has a role to play in temporary abstinence, harm reduction and relapse prevention.
- Nicotine vapes offer choice and flexibility as stop smoking aids for people who want to stop smoking.
- People wanting to use nicotine vapes should use legal, regulated products.
- People should be able to use nicotine vapes as long as needed to prevent a return to smoking.
- For those people wanting to be nicotine free, they should only be supported to stop nicotine vaping where any risk of relapse to, or initiation of, smoking is minimised.