

Vaping & Quitting Smoking

Your health matters.

Learn the risks and take the first step to quit.

What is Vaping?

Vaping is the use of electronic devices (e-cigarettes) to inhale an aerosol that may contain nicotine, flavorings, and other chemicals.

Is Vaping Safe?

No form of vaping is considered safe.

- Harmful chemicals
- Lung disease risk
- Nicotine addiction
- Brain development harm
- Secondhand exposure
- Injury risk

Vaping is not an approved method to quit smoking and may create new health risks.

Why Quit?

Better lung and heart health, reduced disease risk, improved energy, and benefits begin within hours to days.

You're Not Alone

Kaiser Permanente offers guidance, tools, and ongoing support to help you quit.

How to Get Started

1. **Know your reason**
2. **Make a plan**
3. **Consider medications**
4. **Prepare for cravings**
5. **Get support**

Tips to Stay on Track

- Avoid triggers
- Stay busy
- Practice relaxation
- Build support
- Try again if needed

Free Wellness Coaching

The program consists of 6 confidential telephone sessions tailored to your readiness to change. You will work directly with a coach to set small goals and build a personalized plan to quit smoking.

Scan for resources

