



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 to stop smoking should use legal, regulated products.