



California
Center for
Tobacco
Cessation

Smoking Cessation
Leadership Center

UCSF

University of California
San Francisco

Vaping Cessation Fact Sheet

2025

Vaping and the use of e-cigarettes have become widespread, leading to nicotine dependence and various health risks. As providers, it is important to offer brief, effective interventions to support clients who want to quit. This guide outlines practical steps and strategies to assist clients in their journey to become nicotine-free.

Step-by-Step Brief Intervention:

1. Ask

Identify vaping behavior in your client in a non-judgmental manner

Routine Inquiry: Incorporate questions about vaping and e-cigarette use into routine history taking for tobacco.

Example: Do you smoke or use any nicotine products such as vapes or e-cigarettes?

Document use: Note the frequency, pattern of vaping, type of device, and nicotine content (as listed on the device)

2. Advise

Clearly advise clients to quit using vapes/e-cigarettes; when possible, ask open-ended questions to elicit their knowledge, perceptions, and concerns

Provide clear advice: Use strong, personalized messages about the health risks and benefits of quitting.

Example: I strongly advise you to quit vaping to improve your health and reduce your risk of respiratory issues.

Example: May I tell you what we know about vaping and health (physical and mental) ... and your risks of respiratory issues?

Tailor the messages: Connect the advice to the client's health concerns or conditions.

Example: Quitting is key to overcoming nicotine addiction and regaining control over your health.

Example: As providers, we do not know the long-term health effects and many of these products are not subject to stringent manufacturing regulatory oversight (e.g. many not be made in the U.S.

3. Assess

Assess the client's readiness to quit

Gauge readiness: Use open-ended questions to determine how ready the client is to quit.

Example: On a scale of 1 to 10, how ready are you to quit vaping? (1 = Not at all; 10 = 100% ready)

Identify barriers: Discuss any obstacles they face in quitting and how you can work together knowing this information

Example: What can I do to assist you in quitting vaping?

4. Assist

Provide assistance based on your client's readiness to quit

Set a Quit Date: Encourage setting a specific date to quit, when appropriate.

Example: Let's choose a quit date within the next few weeks.

Develop a Quit Plan: Identify triggers and coping strategies. Suggest nicotine replacement therapy (NRT) or other medications if appropriate (*see chart)

Example: What do you know about medicines to help you quit? What do you know about the tobacco quitline?

5. Arrange Follow-Up

Ensure ongoing support and monitor progress

Schedule Follow-Up Visits: Plan early and regular check-ins to monitor progress and provide support.

Examples: I'd like to schedule a follow-up check-in within a few days, so we can discuss how things are going. It's common for us to make medication adjustments in the early stages of quitting to help you feel more comfortable during the process.

Adjust Plan as Needed: Be flexible and adjust the quit plan based on the client's needs and progress.

Example: If you're struggling, we can explore different strategies or medications that might help. Remember, you can always call Kick It CA for additional support or seek out services in your community via 211 or the quitline.



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For Clients Not Ready to Quit

Motivational Interviewing: Explore ambivalence and highlight reasons for quitting.

Examples: What concerns do you have about your vaping? What are some reasons you might want to quit (e.g. save money, less anxiety, etc.)

Enhance Motivation: Discuss potential health improvements and other positive outcomes.

Examples: Imagine how much better you might feel without the constant need to vape. What would you want to do with the money you saved?

Resources

- Tobacco Quitlines (e.g., 1-800-QUIT-NOW)
- Mobile apps (e.g., Kick It: Quit Vaping)
- [Savings Calculator](#)
- Support groups or counseling services
 - Talk with a Quit Coach – 1-800-300-8086
 - Text program – text Quit Vaping to 66819
 - CHAT – at www.kickitca.org/chat
- For more information, please visit:
 - [Undo](#)
 - [Truth Initiative](#)





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Nicotine Levels in E-liquids*

This table is a sample nicotine level guide from 2019 vaping products. It is important to note the evolving number of products and variation of nicotine content.

The key is for providers to discuss with clients to estimate the nicotine exposure and identify a starting nicotine replacement dose and quickly evaluate response and adjust as needed.



Nicotine Level	Nicotine Content (mg)	Example Products	Cigarette Equivalency
None	0 mg	<ul style="list-style-type: none">• Halo 0 mg• Jam Monster 0 mg• Naked 0 mg	
Very Low / Ultra-Light	~3 to 4 mg	<ul style="list-style-type: none">• Halo 3 mg• Jam Monster 3 mg• Naked 3 mg	
Low / Light	~6 to 8 mg	<ul style="list-style-type: none">• Halo 6 mg• Jam Monster 6 mg• Naked 6 mg	One JUUL pod (5%) contains about 40 mg of nicotine, equivalent to smoking approximately 40 combustible tobacco cigarettes (2 packs)
Medium	~11 to 12 mg	<ul style="list-style-type: none">• Halo 12 mg• Jam Monster 12 mg	
High	~16 to 18 mg	<ul style="list-style-type: none">• Blu 1.2%• Halo 18 mg	
Very High / Extra Strength	~24 mg	<ul style="list-style-type: none">• JUUL 3%• Halo 24 mg• Jam Monster 24 mg	
Ultra-High / Very Strong	≥36 mg	<ul style="list-style-type: none">• JUUL 5%• Blu 2.4%	



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		<ul style="list-style-type: none">• Jam Monster 48 mg• Puff Bar 5% 41 mg	
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*Source: *Help Clients Break the E-Cigarette Habit, Pharmacist's Letter, December 2019*