

JUUL E-cigarette User Guide

Who can use a JUUL?

Current smokers (to prevent nicotine withdrawal and as a safer alternative to smoking).
Former smokers (to prevent returning to smoking)
 People who have never smoked should not use them

How does the JUUL work? The starter pack comes with the JUUL e-cigarette, USB charging dock and 4 nicotine pods. Remove the coloured cap from the JUUL pod. Then insert the pod into the main JUUL device. You hear a click once it fits in to place. You don't need to press anything, just inhale through the top of the pod (it should be fully charged when first taken out of the pack).

Vaping is not like smoking, you need to **take a few small puffs** of vapour regularly throughout the day. You should not take long drags or finish it all in one go like a cigarette – graze on it rather than binge on it.

How often should I charge the pod? A pod should last you a day if you are used to smoking about 20 cigarettes a day, longer if you're used to smoking less cigarettes (as long as you use it correctly). You'll know it's time to change it when there's no liquid left in the pod, or it stops producing vapour when it's fully charged. When the pod is empty, throw it in the bin and replace it with a new one.

What nicotine strength is in them and how many pods a day should I use? We have supplied you with the highest nicotine strength (18mg/mL). One pod per day should be sufficient to prevent withdrawal symptoms for a 20 a day smoker. The JUUL is much smoother than other e-cigarettes, but if you find it too harsh, puff more gently and leave longer spaces between puffs.

How do you charge the JUUL? It should already be charged when you first take it from the packet. To recharge, insert the JUUL into the USB charging dock (it comes in the starter pack) and insert the dock into a USB port (some hotels have USB ports for phones, others will need USB plug adapters). Speak to staff if unsure. Charge the device in the dock for at least 1 hour. Tap the device twice gently to show battery life (there is a bar on the bottom of the JUUL). The indicator light will pulse while charging. A green light means it's fully charged.

Keep the charge topped up. The small light on the front of the JUUL will indicate when it needs to be charged.

A **green** light means it has plenty of charge. A yellow light means it is starting to run low (25-50%).

A **red** light means it needs to be charged (less than 25%).

Safety tips: To prevent infection, advise users **NOT** to share their JUUL with others

- Don't put the JUUL in water or anywhere too hot or too cold.
- If you accidentally swallow a pod, tell the staff
- Keep it clean with antibacterial wipes or a dry cloth.
- The parts are small and easy to lose, so try to keep everything on one place

