Businesses are having a difficult time figuring out what to do about e-cigarettes.

Here is what you need to know:

♦ Existing tobacco laws do not apply to e-cigarettes.

♦ Some places have policies or are developing policies to prohibit the use of e-cigarettes in enclosed areas. For example, the U.S. Department of Transportation interprets existing federal regulations against smoking on airplanes as also applying to the use of e-cigarettes.4

♦ Concerns have been raised by supervisors who may not be able to tell if someone is smoking a cigarette or using an e-cigarette.

♦ Establishing a policy frees employees from having to determine if someone is smoking or using an e-cigarette.

♦ It is up to each business to make up its own policy about e-cigarette use.

♦ Once an e-cigarette policy has been established for your business:

  1) Post the policy;
  2) Train your employees; and
  3) Enforce the policy.

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*Do you or someone you know want to quit smoking?*

**FREE HELP** is available by calling **1-866-NEW-LUNG (1-866-639-5864)**
Are there any health effects from using e-cigarettes?

♦ Some e-cigarette brands have claimed they do not contain nicotine, but when tested, they have been found to contain some levels of nicotine.²

♦ Nicotine is the addictive chemical that makes it hard to quit smoking.¹

♦ Some e-cigarettes have also been found to contain a chemical called diethylene glycol, a toxic chemical used in antifreeze.¹

♦ Other samples have been found to contain some of the same cancer-causing chemicals that are in regular cigarettes.¹

♦ In some studies, exposure to e-cigarette vapor for just 5 minutes caused narrowing of the airway, which can make it hard to breathe.³

♦ There is no proof that e-cigarettes are safe for those who smoke or for those who breathe in the vapor.¹

♦ While the flavorings found in e-cigarettes are safe to consume, inhaling them may be harmful. Some of the flavorings have even been shown to be toxic.

♦ E-cigarettes are not an approved tool for quitting smoking.²

♦ Currently, e-cigarettes are not regulated by the Food and Drug Administration (FDA), so the safety and the purity of the devices are unknown.²

Sources:

¹ FDA Warns of Health Risks Posed by E-Cigarettes. www.fda.gov/ForConsumers/ConsumerUpdates/ucm173401.htm

² FDA E-cigarettes: Questions and Answers. www.fda.gov/forconsumers/consumerupdates/ucm225210.htm
