

TOP 10 THINGS YOU NEED TO KNOW ABOUT ELECTRONIC Cigarettes

1 E-cigarettes are battery operated devices that simulate smoking. They contain cartridges filled with nicotine, flavor and other chemicals.



2 These devices create a vapor that is inhaled by the user and the use of an e-cigarette is often called "vaping" rather than "smoking".

3 There is no evidence that secondhand e-cigarette emissions are safe to inhale. Initial studies indicate there are toxins and pollutants in the secondhand smoke.

4 All of the estimated 250 brands of e-cigarettes in the marketplace today are entirely unregulated. In addition, no e-cigarette has been found by the Food & Drug Administration to be safe and effective in helping smokers quit.

5 There are several hundred brands of e-cigarettes on the market, and each contain varying amounts of nicotine.



6 Unlike traditional cigarettes, e-cigarettes come in candy flavors such as bubble gum, chocolate, vanilla, and fruit punch. Research shows youth are more attracted to flavored products.

7 A CDC study found that use of e-cigarettes among middle and high school students more than doubled between 2011 and 2012. According to the 2014 Minnesota Student Survey, 12.9% of high school students have used an e-cigarette in the past 30 days.

8 E-cigarettes are often marketed as a less harmful alternative to smoking, and ads encourage smokers to use them in places where smoking is prohibited. Ads, featuring celebrities, are being featured in magazines, on the radio, and on television.

9 The 3 largest tobacco companies (Lorillard, R.J. Reynolds and Phillip Morris) have purchased or developed e-cigarette product lines.

10 The FDA has authority to regulate these devices, but has not taken action yet. As a result, many communities in Minnesota have already taken steps to regulate e-cigarettes, making them subject to some of the same laws as cigarettes and other tobacco products.

Minnesota tobacco users who want help quitting have free access to QUITPLAN Services, which provides personalized plans for quitting.

1-888-354-PLAN (7526) or www.quitplan.com

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