E-CIGARETTES Get the Facts

Common misperceptions about e-cigarettes

E-cigarettes produce a water vapor so they’re safe

Fact E-cigarettes heat a mixture of propylene glycol, nicotine, and flavoring. The cartomizer fluid and exhaled vapor contains an assortment of toxins, metals, and ultrafine particles...many of the same toxins found in tobacco cigarettes.

E-cigarettes can be used to quit smoking

Fact The FDA has not approved e-cigarettes as a quit device. There are other proven safe and effective methods for quitting tobacco use.

They can be used anywhere, even indoors

Fact Many local communities have started to ban the use of e-cigarettes wherever tobacco cigarettes are prohibited.

They are cheaper than regular cigarettes

Fact Starter kits can run up to $100.

The first e-cigarettes looked like regular cigarettes. Now there are hundreds of kinds on the market, but they all carry the same risks.

More facts available online

www.cyanonline.org www.fda.gov
www.changelabsolutions.org www.cdc.gov