



# E-Cigarettes

**What are e-cigarettes?** Electronic or e-cigarettes are battery-powered devices that imitate smoking. They heat a liquid mixture into an aerosol inhaled by the user. The mixture usually contains nicotine and flavorings. The devices have a container for storing liquid and an element that heats the liquid to create aerosol. E-cigarettes are also called e-hookahs, e-pipes, vape pens, hookah pens or personal vaporizers.

**What is vaping?** Vaping is the act of using an e-cigarette. It is called this because of the “vapor” released from e-cigarettes when used.

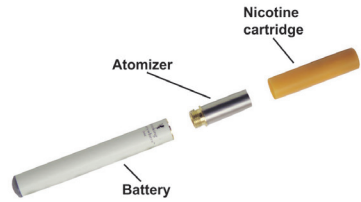
**Who makes e-cigarettes?** It is estimated there are more than 400 different brands currently on the market, including brands from the largest tobacco companies, Altria, R.J. Reynolds/Lorillard, which merged, and Imperial Tobacco.

**Do they help people quit smoking?** There is no research that proves e-cigarettes help people quit smoking. Often, they are used in addition to regular cigarettes. There are proven methods for quitting tobacco use, including nicotine replacements approved by the Food and Drug Administration (FDA). Visit [www.quitplan.com](http://www.quitplan.com) for help quitting.



*E-cigarettes come in a variety of shapes, styles, colors and sizes.*

**What is in an e-cigarette?** The liquid, or “e-juice,” contains nicotine, flavorings and a chemical that produces a “smoke” effect. E-cigarette aerosol contains harmful chemicals and heavy metals. There are no laws for how e-juice is made, so it is impossible to know everything in it. Contents can vary even within the same brands.



**What do e-cigarettes look like?**

- The most common type is called a “cigalike” or “mini” as it looks like a regular cigarette. Common brands include blu, NJoy and Logic.
- The “midsize” e-cigarette is about the size of a regular cigar. They can be thrown away or re-used. Users can control the dose of nicotine they receive.
- A third type is the “advanced personal vaporizer (APV)” or “mod.” It is meant for experienced users and offers more dose control. They typically don’t look anything like regular cigarettes.



*NJoy makes “cigalike” e-cigarettes (above), while APVs (below) don’t look like regular cigarettes.*



*Midsize e-cigarettes can be adjusted and allow users to control the dose of nicotine in the e-juice.*

**Are e-cigarettes safe?** E-cigarettes usually contain nicotine, an addictive drug. Nicotine can be fatal to small children, and poisonings have tripled in the past year. Nicotine side effects include increased blood pressure, joint pain and heart problems. There is no safe level of nicotine for youth. E-cigarettes put youth at risk and damage the developing brains of children and teens. Nicotine is harmful to the health of pregnant women and their developing babies.



**Why are e-cigarettes included in smoke-free policies?** From a distance, vaping looks like smoking a traditional cigarette, which causes confusion about the policy. Some e-cigarette aerosols contain harmful ingredients, and we want to keep our indoor air clean.

**Association for Nonsmokers-Minnesota**  
 2395 University Ave. W, Ste. 310  
 St. Paul, MN 55114

651-646-3005 | [www.ansrmn.org](http://www.ansrmn.org) | [info@ansrmn.org](mailto:info@ansrmn.org)

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