



E-Cigarettes

What are e-cigarettes? Electronic cigarettes, e-cigarettes or vapes, as they are called, are battery-powered devices that imitate smoking. They heat a liquid mixture called e-juice into an aerosol inhaled by the user. The mixture usually contains nicotine and flavorings. The devices have a container for storing e-juice and an element that heats the e-juice to create aerosol. E-cigarettes are also called e-hookahs, e-pipes, vape or 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’s estimated there are more than 400 different brands on the market, including those from the largest tobacco companies. Popular brands include JUUL, Sourin, Blow, Mojo, STIG and Sea.

Do they help people quit smoking? There is no clear evidence that 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.QuitPartnerMN.com for help quitting.

JUUL spurred the current vaping epidemic, but it has been taken over by disposable vapes that come in even more flavors and aren't regulated at all.





What do e-cigarettes look like?

The first generation of e-cigarettes resembled a regular cigarette (cigalikes), but the trend has moved away from that. Mid-size e-cigarettes that could be reused and allowed users to control the dose of nicotine became popular, as did advanced personal vaporizers (APVs), which offered even more dose control. Today's top-selling vapes, like JUUL and Sourin, are sleek and attractive to youth. They appeal to users because of their high nicotine content. The FDA attempted to regulate JUUL by not allowing flavors in e-cigarettes with disposable cartridges. However, it created a loophole for vapes like the ones on front that are completely disposable and didn't include menthol, the most-used flavor.

What is in an e-cigarette? The e-juice contains nicotine, flavorings and a chemical that produces a "smoke" effect. E-cigarette aerosol contains harmful chemicals and heavy metals and produce several cancer-causing chemicals.



Are e-cigarettes safe? E-cigarettes usually contain nicotine, an addictive drug. Nicotine can be fatal to small children, and poisonings have been on the rise. 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. We want to protect people from second-hand aerosol.

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