

Five Reasons to Include E-cigarettes in Smoke-free Laws

What are electronic, or e-cigarettes?

E-cigarettes are battery operated devices that heat and aerosolize liquid containing nicotine and other toxins.¹ They may look like regular cigarettes, pens or markers, or have other designs. Users inhale and exhale a mix of gases and tiny particles in an aerosol that carries toxins into their lungs and into the air around them.

1. E-cigs pollute the air.^{2,3}

- E-cigs give off tiny particles that can lodge in the lungs and cause disease.²
- E-cig particles can reach concentrations almost as high as in Lexington before the smoke-free law.²
- Visible aerosol from e-smoking contains harmful chemicals known to cause cancer.⁴
- Workers and patrons are exposed to secondhand aerosol from e-cigarettes used inside.

2. E-cigs give off aerosol, not water vapor, including:

- Propylene glycol (lung and eye irritant)⁵
- Formaldehyde^{2,5} and β -nicotyrine (cause cancer)⁶
- Metal & silicate particles (toxic to human cells)³
- Nicotine (addictive and harmful to unborn babies)^{5,6}

3. E-cigs undermine smoke-free laws by making enforcement confusing.^{7,8}

- Customers may not patronize the business, thinking regular smoking is allowed.
- Employees may not know who is violating the law.

4. No current regulations on manufacture = no consumer protection.⁹

- No way to know what users are breathing in or putting into the air for others to breathe.
- No protection from dangerous design flaws.

5. Early research shows lung effects similar to smoking.

- Five minutes of e-cigarette use has lung effects similar to tobacco smoke.¹⁰
- Airways become inflamed after using e-cigarettes containing nicotine.²

Keep our Indoor Air Clean and Healthy!

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