

Ten Reasons Not to Allow E-cigarette Use Inside Your Business

What are electronic, or e-cigarettes?

E-cigarettes are battery operated devices that heat and vaporize 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 carrying toxins into their lungs and into the air around them. Some smoke-free communities in Kentucky do not allow e-cigarettes to be used indoors. Currently, [your community name's] smoke-free law does not pertain to e-cigarettes. It is up to individual businesses, like yours, to decide whether or not to prohibit e-cigarette use.

- 1. E-cigs pollute the air.**^{2,3,4}
 - E-cigs give off tiny particles that can lodge in the lungs and cause disease.⁴
 - These particles can reach concentrations almost as high as were found in Lexington businesses before their smoke-free law.⁴
- 2. E-cigs give off more than just water vapor, including:**
 - Propylene glycol (lung and eye irritant)^{2,3}
 - Formaldehyde and β -nicotyrine (cause cancer)^{2,3}
 - Metal & silicate particles (toxic to human cells)⁵
 - Nicotine (addictive and harmful to unborn babies)^{2,3}
- 3. E-cigs undermine smoke-free laws by making enforcement confusing.**⁶
 - Customers may not patronize your business, thinking regular smoking is allowed.
 - Your employees may not know who is violating the law.
- 4. No current regulations on manufacture and sale = no consumer protection.**⁷
 - 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. High nicotine levels in e-cig fluid can be deadly**
 - High levels of nicotine can be absorbed through spills on the skin or children swallowing the liquid.⁷
 - Kentucky has seen a 333% increase in calls to poison control centers from e-cigarettes.⁸
- 6. E-cig labels may not be accurate.**¹
 - E-cigarettes labeled as zero nicotine may still contain nicotine.
 - Amounts of nicotine may be more or less than what is on the label.
- 7. E-smokers are no more likely to quit than regular smokers.**⁹
 - Many e-cigarette users continue to smoke regular cigarettes as well.
 - Smoking even 1-4 cigarettes a day increases risk of dying from heart disease and all causes of death.¹⁰
 - E-cigarettes are not approved by the FDA to help smokers quit.
- 8. E-cigs appeal to youth, even those who don't smoke.**¹¹
 - Glamorous marketing and sweet, candy-like flavorings (bubble gum)
 - 1.78M youth tried e-cigarettes in 2012 (160,000 of them *non-smokers*)¹¹
 - Youth who use e-cigarettes are more likely to smoke regular cigarettes¹²
- 9. Early research shows lung effects similar to smoking.**
 - Five minutes of e-cigarette use has lung effects similar to tobacco smoke.¹³
 - Airways become inflamed after using e-cigarettes containing nicotine.⁴
- 10. E-cigs may pollute the air less than regular cigarettes, but they still pollute the air.**^{2,3,4}
 - Workers and patrons are exposed to secondhand aerosol from e-cigarettes.

Be Part of the Solution – Keep the Air Clean and Healthy in Your Business!

References

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