

Ten Reasons Not to Allow E-cigarette Use Inside Jails

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 carrying toxins into their lungs and into the air around them. Some jails in Kentucky sell e-cigarettes in their commissaries. It is up to individual jails, like yours, to decide whether or not to sell electronic smoking devices and prohibit e-cigarette use (unless your local government already has a law prohibiting e-cigarette use indoors). If your jail has a tobacco-free policy, it is recommended that e-cigarette use not be permitted indoors or outdoors.

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 the heart)^{2,3}
3. **E-cigs undermine smoke-free policies by making enforcement confusing.**⁶
 - Jail employees may not be able to determine which inmates are using conventional cigarettes and which are using e-cigarettes.
 - Inmates may see e-cigarette use and assume conventional smoking is allowed.
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 if devices leak or are broken.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
 - Juveniles who use e-cigarettes are more likely to smoke regular cigarettes.¹²
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}
 - Jail employees, visitors, and inmates are exposed to secondhand aerosol from e-cigarettes.

Be Part of the Solution – Keep the Air Clean and Healthy inside Jails!

References

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