

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.

1. E-cigs pollute the air.²⁻⁴

- E-cigs give off tiny particles that travel deep into the lungs⁵ and the bloodstream, causing disease.⁶
- 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).⁷
- Nicotine (addictive and harmful to unborn babies).^{2,3}

3. E-cigs undermine smoke-free laws by making enforcement confusing.⁸

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

4. Delayed regulations on manufacture and sale = no consumer protection.^{9,10}

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

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.¹⁰
- Kentucky has seen a 333% increase in calls to poison control centers from e-cigarettes.¹¹

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.¹²

- 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.¹³
- E-cigarettes are not approved by the FDA to help smokers quit.

8. E-cigs appeal to youth, even those who don't smoke.¹⁴

- Glamorous marketing and sweet, candy-like flavorings (bubble gum).
- 1.78M youth tried e-cigarettes in 2012 (160,000 of them *non-smokers*).¹⁴
- Youth who use e-cigarettes are more likely to smoke regular cigarettes.¹⁵

9. Early research shows lung and blood effects similar to smoking.

- Five minutes of e-cigarette use has lung effects similar to tobacco smoke.¹⁶
- Airways become inflamed after using e-cigarettes containing nicotine.⁴
- Blood cell changes could contribute to heart and blood vessel disease.¹⁷

10. E-cigs may pollute the air less than regular cigarettes, but they still pollute the air.²⁻⁴

- 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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