

## 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.<sup>1</sup> 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.<sup>2,3</sup>

- E-cigs give off tiny particles that travel deep into the lungs<sup>4</sup> and the bloodstream, causing disease.<sup>5</sup>
- E-cig particles can reach concentrations almost as high as in Lexington before the smoke-free law.<sup>2</sup>
- Visible aerosol from e-smoking contains harmful chemicals known to cause cancer.<sup>6</sup>
- 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)<sup>7</sup>
- Formaldehyde<sup>2,7</sup> and  $\beta$ -nicotyrine (cause cancer)<sup>8</sup>
- Metal & silicate particles (toxic to human cells)<sup>3</sup>
- Nicotine (addictive and harmful to unborn babies)<sup>7,8</sup>

#### 3. E-cigs undermine smoke-free laws by making enforcement confusing.<sup>9,10</sup>

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

#### 4. Delayed regulations on manufacture = no consumer protection.<sup>11</sup>

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

- Five minutes of e-cigarette use has lung effects similar to tobacco smoke.<sup>12</sup>
- Airways become inflamed after using e-cigarettes containing nicotine.<sup>2</sup>
- Blood cell changes could contribute to heart and blood vessel disease.<sup>13</sup>

### Keep our Indoor Air Clean and Healthy!

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