



# Are Electronic Cigarettes Safe?

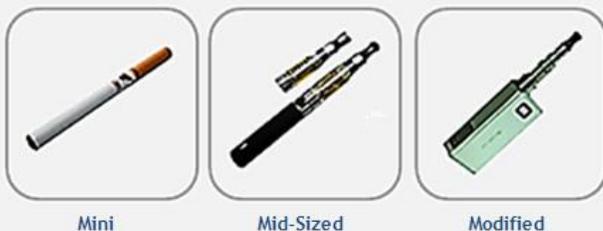
## WHAT ARE ELECTRONIC CIGARETTES (E-CIGARETTES)?

E-cigarettes are battery-powered devices that heat a liquid containing nicotine, a highly addictive chemical found in tobacco. E-cigarettes turn the liquid into a mist, which can then be breathed in and out as a vapor (steam) that resembles cigarette smoke. Users can buy cartridges filled with nicotine-containing liquid in many different flavors.

### Anatomy of an E-cigarette



### Types of E-cigarettes



## FAST FACTS

- 450,000 middle school and 2 million high school students have tried e-cigarettes and these numbers are increasing every year.<sup>1</sup>
- Big tobacco companies own many e-cigarette companies.
- There is not enough evidence to show that e-cigarettes can help smokers quit smoking.
- There is also not enough research to support the claim that e-cigarettes are safer than cigarettes.
- Because they are largely unregulated, e-cigarettes may contain harmful chemicals.
- The long-term health effects of e-cigarettes are not yet known.

## DANGERS OF E-CIGARETTES

The vapor exhaled by e-cigarette users contains nicotine and other toxic chemicals. When pregnant women are exposed to these chemicals, the unborn baby's brain development can be affected.

When children are exposed to e-cigarettes, they may start smoking at an early age.

Children can be poisoned from accidentally drinking the colorful and flavorful e-cigarette liquid.



## ARE E-CIGARETTES SAFER THAN CIGARETTES?

**NO. Not as far as we know.**

Researchers have found that e-cigarette users are exposed not only to nicotine, but also to other harmful chemicals, just like in regular cigarettes.

Both e-cigarettes and regular cigarettes require breathing in vapor or smoke, which can irritate and damage the lungs.

## DO E-CIGARETTES HELP SMOKERS TO QUIT?

E-cigarettes do NOT eliminate the user's addiction to nicotine.

In fact, some people may use both regular cigarettes and e-cigarettes, which makes it even harder to quit smoking successfully.

## WHAT TO DO IF YOU OR SOMEONE YOU KNOW WISHES TO QUIT SMOKING

Remember, e-cigarettes are not proven to be safe or effective to help people quit smoking. But there are proven and safe methods to help people quit smoking.

If you or someone you know is interested in quitting smoking:

- Talk to a doctor or other healthcare professional, or
- Visit [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org), or
- Call the Asian Smokers' Quitline:  
**Cantonese and Mandarin: 1-800-838-8917**  
**Vietnamese: 1-800-778-8440**  
**Korean: 1-800-556-5564**  
**English: 1-800-NO-BUTTS (1-800-662-8887)**

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