

ELECTRONIC CIGARETTES (E-CIGARETTES)

What are e-cigarettes?

E-cigarettes are popular “high tech” devices on sale at many convenience stores and stand-alone e-cigarette retailers. They are sometimes marketed as a safe alternative to smoking and the advertising is aimed at hooking youth.

E-cigarettes can look like pipes, pens, USB memory sticks or regular cigarettes, and are made up of a battery, cartridge and a heating element. E-cigarette liquid often has nicotine even though it is not legal to sell nicotine-containing fluid in Canada. The fluid comes in many attractive flavours, such as chocolate mint, strawberry, grape and watermelon. This is another method of attracting youth to try the product.

E-cigarettes send off a vapour, and the mist is inhaled into your lungs, much like a traditional cigarette.

Are they safe?

People who use them (or “vape”) are very excited about this product, yet there is a lot that we do not know about them, and they are not proven to be safe. For example, e-cigarettes:

- ◆ Can send out unknown and possibly harmful substances, some of which may cause cancer, are poisonous and have caused fires.
- ◆ May have nicotine and be addictive.
- ◆ Are not proven to help people quit smoking and may lead you to actually take it up!
- ◆ Are not approved by Health Canada to help you quit.
- ◆ Are another way that Big Tobacco wants to hook you and make money.

Island Health Tobacco Prevention does not support using electronic cigarettes:

- ◆ By young people.
- ◆ As a way to quit smoking.
- ◆ In any place where regular cigarettes are not allowed to be smoked.

For more information:

- ◆ Your Tobacco Prevention staff:

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