

# E-CIGARETTES Get the Facts

## Common misperceptions about e-cigarettes

### E-cigarettes produce a water vapor so they're safe

**Fact** E-cigarettes heat a mixture of propylene glycol, nicotine, and flavoring. The cartomizer fluid and exhaled vapor contains an assortment of toxins, metals, and ultrafine particles...many of the same toxins found in tobacco cigarettes.

### E-cigarettes can be used to quit smoking

**Fact** The FDA has not approved e-cigarettes as a quit device. There are other proven safe and effective methods for quitting tobacco use.

### They can be used anywhere, even indoors

**Fact** Many local communities have started to ban the use of e-cigarettes wherever tobacco cigarettes are prohibited.

### They are cheaper than regular cigarettes

**Fact** Starter kits can run up to \$100.

The first e-cigarettes looked like regular cigarettes. Now there are hundreds of kinds on the market, but they all carry the same risks.



## More facts available online

[www.cyanonline.org](http://www.cyanonline.org)

[www.fda.gov](http://www.fda.gov)

[www.changelabsolutions.org](http://www.changelabsolutions.org)

[www.cdc.gov](http://www.cdc.gov)