

Electronic Cigarettes

Electronic cigarettes, e-cigarettes, vape pens, e-hookahs or hookah pens are battery-operated devices that contain a mixture of liquid nicotine and other chemicals. The device heats this mixture, called e-juice, producing a nicotine emission that is inhaled.

There is no evidence that using e-cigarettes or inhaling the secondhand emissions from an e-cigarette is safe. Studies have found nicotine, heavy metals, toxins, and carcinogens in e-cigarette emissions. ^{1,2}

E-Cigarette Facts:

- Studies have shown e-cigarettes labeled as containing no nicotine actually contained nicotine. E-cigarettes labeled as containing the same nicotine level emitted varying levels of nicotine. ^{1,2}
- Minnesota law prohibits e-cigarette use in public schools, hospitals, clinics and government-owned buildings, including city and county buildings. Many cities have prohibited their use in all indoor public spaces.
- E-cigarette liquids must be sold in child-resistant packaging. E-cigarettes usually contain nicotine, an extremely addictive stimulant. High amounts of nicotine can be fatal, especially to small children. Nicotine's side effects include increased blood pressure, bronchospasms, joint pain, insulin resistance, heart arrhythmias and coronary artery constriction. ^{3,4}
- E-cigarette use is increasing rapidly among youth. E-cigarette companies sell thousands of different flavors of e-cigarettes. These flavors appeal directly to youth. ⁵
- E-cigarettes have not been proven safe or effective in helping people quit smoking. ^{6,7} Research shows current smokers are more likely to use e-cigarettes than former or never smokers. ⁸
- Smokers might use e-cigarettes where they cannot use conventional cigarettes, which might deepen their addiction to nicotine. Some e-cigarettes are marketed with taglines such as "smoke anywhere."
- The three largest cigarette companies, Altria, R.J. Reynolds and Imperial Tobacco, have an e-cigarette brand. These companies are employing the same marketing tactics used in the past to lure young people into a lifetime of nicotine addiction.