

*The Harford County Tobacco Workgroup suggests that e-cigarettes be kept away from public places, buildings and offices until they are closely regulated and more is known about them and their potential risks. They also suggest that school and human resources' policies treat e-cigarettes just like other tobacco products.*

## ARE E-CIGARETTES SAFE?

### *What people who vape may think...*

- it's safer than smoking tobacco
- it's more socially accepted than cigarettes
- it's available in fun flavors so it seems safe
- it's nicotine-free because the label says so
- it's going to help me quit smoking

### *Did you know...*

- NONE of the above statements have been proven to be true.
- An e-cig's quality, ingredients or safety are not checked.
- The long term effects of smoking tobacco are known, but not for e-cigs.
- Studies are still on-going to learn the level of risk with using e-cigs.
- A 2009 study found toxic, cancer causing substances in the e-cig liquid cartridge.
- Only 1 tablespoon of e-cig liquid is needed to kill a 65 lb child.
- If the e-cig liquid is applied to the skin, it could cause nausea and vomiting.
- People, especially children, who vape may try smoking tobacco as well.
- Vaping residue, in the air and on surfaces, can be harmful to others.

### *Questions to ask yourself:*

- Do I *know* what is in the vial of liquid in e-cigs?
- Do I *know* what the long term effects of using e-cigs are?
- Do I *know* that e-cigs can malfunction and explode?
- Do I *know* that e-cigs are not approved by the FDA?