Electronic Cigarettes

KNOW THE FACTS

What is an e-cigarette?

- An electronic cigarette (or e-cigarette) uses battery power to heat up a liquid that contains nicotine and other chemicals, turning the liquid to vapor. The user inhales the vapor.

Are e-cigarettes safe?

- E-cigarettes are not regulated and so there is no way to know how much nicotine is in them. This is dangerous because 30-60 mg of nicotine is a deadly dose for adults, and even 10 mg can be deadly for children.
- E-cigarettes are not approved by the Food and Drug Administration (FDA) as a nicotine replacement therapy or as a way to quit tobacco use.
- E-cigarettes have not been around long enough to learn how the health of users will be affected in the long term.
- Users risk being harmed by high levels of chemicals, including nicotine. The companies don't even have to tell you what is in their products.

What is the best way to quit?

- The best health advice is to quit tobacco by using proven methods like calling the Maine Tobacco HelpLine. You are 2 to 3 times more likely to be able to quit when you call the HelpLine than when you try to quit on your own.
- There are nicotine replacement therapies (like the nicotine patch or gum) and medicines that are approved by the FDA. These can help you avoid withdrawal symptoms and lessen cravings.

The Maine Tobacco HelpLine offers free quit coaching to Maine residents.

Call toll-free

1-800-207-1230

THE MAINE TOBACCO HELPLINE

THE Breathe Easy COALITION
Leading the way for tobacco-free environments across Maine

Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services

Paul R. LePage, Governor *Mary C. Mayhew, Commissioner*