1. **E-cigarettes pollute the air.**[^1-3]
   - E-cigarettes give off tiny particles that can lodge in the lungs and cause disease.[^3]

2. **E-cigarette vapor is not water but contains:**
   - Nicotine (addictive), formaldehyde and β-nicotyrine (cause cancer)[^1,^2]
   - Metal & silicate particles (toxic to human cells)[^4]
   - Propylene glycol (lung and eye irritant)[^1,^2]

3. **E-cigarettes can undermine TF campus policies by making enforcement confusing.**[^5]
   - E-cigarette aerosol creates a dense mix of vapor and fine particles that looks like tobacco smoke. If exempt from TF policies, the 'smoky look' creates confusion with enforcement.

4. **No current regulations on the manufacture and sale of e-cigarettes to protect consumers.**[^6]
   - No way to know what users are breathing in or putting into the air for others to breathe.

5. **High nicotine concentrations in e-cigarette fluid can be deadly.**
   - The liquid can spill on the skin and be accidentally ingested.[^6]
   - States report increases in calls to poison control centers from e-cigarettes.[^7]

6. **Contents vary widely and may not match the ingredients or amounts listed on the label.**[^8]
   - E-cigarettes labeled as zero nicotine may still contain nicotine.
   - Amounts of nicotine may be more or less than what is on the label.

7. **E-cigarette users are no more likely to quit than regular smokers.**[^9]
   - Many e-cigarette users continue to smoke regular cigarettes as well.
   - E-cigarettes are not approved by the FDA to help smokers quit.

8. **E-cigarettes appeal to youth, even non-smokers.**[^10]
   - Glamorous marketing and sweet, candy-like flavorings (bubble gum) are appealing.
   - 1.78M youth tried e-cigarettes in 2012 (160,000 of them non-smokers).[^10]
   - Youth who use e-cigarettes are more likely to smoke regular cigarettes.[^11]

9. **Early research on the health effects of e-cigarettes shows lung effects similar to smoking:**
   - Five minutes of e-cigarette use has lung effects similar to tobacco smoke.[^12]
   - Airways become inflamed after using e-cigarettes containing nicotine.[^3]

10. **E-cigarettes may pollute the air less than cigarettes, but they still pollute the air.**[^1-3]
    - Individuals are exposed to secondhand aerosol from e-cigarettes.

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For more information, visit [www.kcsp.uky.edu](http://www.kcsp.uky.edu)

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References


