### E-cigarette Facts and Myths

**MYTH:** “E-cigarettes are a healthy alternative to smoking.”

**FACT:** To date, there is no scientific evidence establishing the safety of e-cigarettes. The vapor of some e-cigarette cartridges contains harmful substances (formaldehyde, acetaldehyde, acrolein, diethylene glycol, nickel, chromium, lead) similar to those chemicals found in regular cigarettes.

**MYTH:** “E-cigarettes can help people quit smoking.”

**FACT:** The courts have ruled that the U.S. Food and Drug Administration (FDA) cannot regulate e-cigarettes as a smoking cessation device. Instead, the FDA can regulate e-cigarettes as a tobacco product. The efficacy of e-cigarettes as an aid for sustained smoking cessation has not been proven.

**MYTH:** “E-cigarettes are not marketed towards youth.”

**FACT:** Data has shown an increase in use of e-cigarettes by youth. Public health advocates are concerned that the appealing flavors and attractive appearance of e-cigarettes will lure young people and lead them to smoke regular cigarettes.

**MYTH:** “It is safe to smoke e-cigarettes around others.”

**FACT:** Adverse health effects from secondhand smoke exposure cannot be excluded because the use of e-cigarettes leads to emissions of fine and ultrafine inhalable liquid particles, nicotine and cancer-causing substances into indoor air.

**MYTH:** “E-cigarettes don’t contain nicotine.”

**FACT:** Although e-cigarettes don’t contain tobacco, the majority do contain nicotine – the most addictive substance in tobacco. Nicotine is more addictive than cocaine or heroin.

**MYTH:** “E-cigarettes are a socially acceptable alternative to regular cigarettes.”

**FACT:** The use of e-cigarettes models unhealthy behavior to youth. Anything that glamorizes smoking to youth is unacceptable.