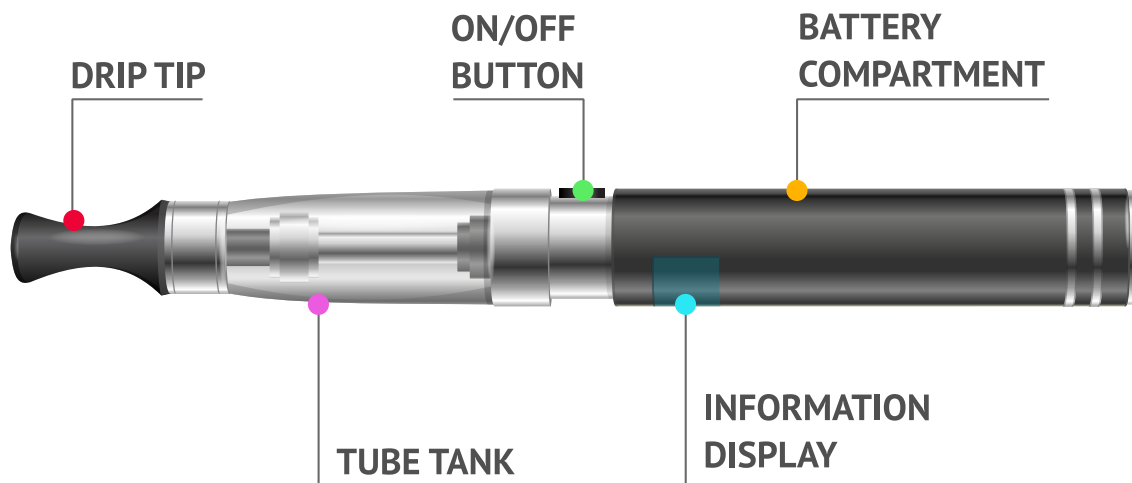


Tobacco-Free Campus: E-Cigarettes

E-cigarettes – or vapes - are examples of Electronic Nicotine Delivery Systems (ENDS). These products allow users to mimic the act of smoking while heating liquid containing nicotine, flavor additives, and other chemicals. While some ENDS products resemble a cigarette or a pen, newer generation devices can resemble flash drives (USB stick) or other technical gadgets. ENDS products come in a wide variety of designs, flavors, and nicotine levels.

ENDS products share a basic working mechanism. Metal or plastic tubes containing a liquid-filled cartridge become aerosolized by a battery powered heating element. This aerosol is known to contain the same toxins found in regular cigarettes, in addition to additives and flavorings not proven to be safe for inhalation. The use of e-cigarettes produces several dangerous chemicals, including acetaldehyde and formaldehyde, which can cause lung disease, as well as cardiovascular disease. The secondhand aerosol includes these toxins and other pollutants.

While many adults attempt to quit using traditional forms of tobacco by switching to e-cigarettes or vapes, ENDS products are not FDA-approved quitting aids. Research shows that e-cigarettes may be less harmful than regular cigarettes, but “safer” is not the same thing as “safe.”



E-cigarette aerosol contains heavy metals and cancer causing toxins, poisoning can occur from contact with nicotine liquid used when vaping, and lung injuries linked to the use of e-cigarettes have been reported nationwide.

Many S.C. municipalities and businesses with smoke-free ordinances have amended their policies to also prohibit e-cigarettes, vapes, and other ENDS products. All A Healthier State: Make Every Workday Great tobacco-free campus policy efforts include no usage of e-cigarettes as well.

For help quitting, call 1-800-QUIT-NOW.

For more information about A Healthier State call (803) 898-2284.