

# Electronic Cigarettes

## PUBLIC HEALTH CONCERNS

### What are the Maine laws?

- E-cigarettes are allowed to be sold in Maine.
- Under Maine law, e-cigarettes are considered a tobacco product and therefore cannot be sold to minors.
- Effective October 15, 2015 electronic smoking devices are included in Maine's indoor smoking laws.

### What you should know:

- Nicotine is addictive in any form and lethal in high doses.
- Since e-cigarettes are not regulated, there is no way to know the amount of nicotine that the users are getting.
- The liquid in e-cigarettes and in the vapor have chemicals that are known to be harmful to humans.
- The vapor emitted from e-cigarettes could be an annoyance to nonsmoking employees.
- E-cigarettes are designed to look like cigarettes, cigars, pipes, pens and flashlights.

### Public health concerns:

- E-cigarettes may emit nicotine, propylene glycol, carcinogens, and other harmful substances.
- Because the product is relatively new, the long-term health effects from the use of e-cigarettes have not been studied.
- Nicotine deposits on indoor surfaces and lasts for weeks to months.
- E-cigarettes produce a vapor which appears similar to the smoke emitted by traditional tobacco products. Use in workplaces where smoking of traditional tobacco products is prohibited creates confusion and leads to difficulties in enforcing existing smoking laws.

### Industry facts:

- E-cigarettes are not regulated and producers are not obligated to disclose the ingredients.
- The Food and Drug Administration (FDA) has not approved e-cigarettes as smoking cessation devices.
- The industry also promotes e-cigarettes as an alternative to smoking that can be used anywhere cigarette smoking is not allowed.

### What can employers do?

- If an employer has a tobacco-free workplace policy, they should revise it to include e-cigarettes as a form of tobacco.
- The policy should indicate that smoking in any form through the use of tobacco products (pipes, cigars and cigarettes) or "vaping" with e-cigarettes is prohibited.
- Allowing employees to smoke e-cigarettes in a tobacco-free workplace may encourage non-smoking employees to smoke regular cigarettes in the workplace or to question why they cannot do so.

### What can I do?

- Help strengthen organization and community smoke-free rules by writing policies that include new products such as e-cigarettes. For more policy information, visit [BreatheEasyMaine.org](http://BreatheEasyMaine.org)