

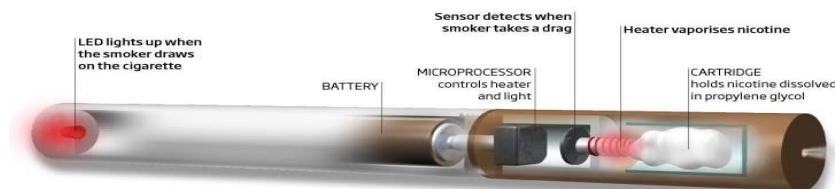
Vapour Products Fact Sheet

Vapour products such as electronic cigarettes (e-cigarettes) are readily available in local stores, gas stations and on the internet. While they are marketed as a harmless product that “can be used anywhere”, early studies indicate a need for caution.

To slow the growing use of vapour products among youth, new provincial laws regulating tobacco and vapour products came into force September 1, 2016. Under the *Tobacco and Vapour Products Control Act* e-cigarettes and other vapour products have the same sales and display restrictions as tobacco products.

1. What is a vapour product?

Vapour products have two main components: a battery-operated delivery system with micro-chip and atomiser that vaporizes a propylene glycol liquid solution, to mimic the appearance of smoke and a cartridge containing a liquid solution. Some, but not all, cartridges contain nicotine. Newer tank systems may be modified to use other substances, including other drugs.



Source: Health Canada

2. Who is the Act designed to protect?

The *Act* is designed to protect youth from the unknown effects of vapour and from becoming addicted to nicotine. One in five youth in Canada have tried an e-cigarette. E-cigarettes and other vapour products will be treated exactly the same as tobacco with the same bans and restrictions. Adults may continue to make the choice to use these products.

3. Are vapour products safe?

Early studies indicate a need for caution. Nicotine is a highly addictive and toxic substance, and the inhalation of propylene glycol is a known irritant. In 2009, Health Canada advised Canadians that electronic smoking products may pose health risks and have not been fully evaluated for safety, quality and efficacy. E-liquid poisonings especially among children are a growing concern due to the ingestion of nicotine.

4. Will vapour products help me quit?

There is insufficient evidence about whether vapour products help people quit or if they are safe to use as a quit-smoking aid. Nicotine gum, patches, lozenges and inhalers, as well as the prescription medications bupropion (Zyban) and varenicline (Champix) have been proven to be safe and effective. Interior Health does not recommend using e-cigarettes to quit tobacco use. Free quit aids are available through the BC Smoking Cessation Program. See your pharmacist for details.

For more information contact: tobacco@interiorhealth.ca