

# Safety Tip of the Week

## Public Health Challenge; E-Cigarettes

**AFRH** Safety Office wants you to consider the risk of e-cigarettes and nicotine exposure. Non-smoker? Tell a friend.

### What's the bottom line?

- 1) E-cigarettes have the potential to benefit adults who smoke and who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- 2) E-cigarettes are not safe for youth, young adults, pregnant adults, as well as adults who do not currently use tobacco products.
- 3) While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective in helping adults quit smoking.
- 4) If you've never smoked or used other tobacco products or e-cigarettes, don't start.
- 5) Additional research can help understand long-term health effects.

### Risks from Smoking

Smoking can damage every part of the body

