



# Frequent Questions about Electronic Cigarettes

## 1. Are electronic tobacco products safe to use?

There is no evidence to show that any of the electronic products such as e-cigarettes, e-pipes or e-cigars are a safe alternative to smoking. There appears to be harmful substances in the electronic products, and there are no known benefits associated from their use. We do not have any information on the long term use of these electronic products.

## 2. Are e-products okay to use?

They have been labeled by the Food and Drug Administration (FDA) and the federal courts as a tobacco product. Navy Medicine does not condone or support the use of these devices.

## 3. May e-cigarettes be used for quitting?

E-cigarettes have not been tested as a cessation aid, and there is no evidence to support their use to help with quitting smoking. Experts are concerned that people who use e-cigarettes will get addicted to them. There are many FDA approved medications and proven counseling approaches which are recommended for anyone considering tobacco cessation. Please contact your Primary Care Provider or your MTF Health Promotion Program for cessation assistance.

## 4. May e-cigarettes and other e-tobacco products be used in military workspaces?

The current SECNAVINST 5100.13E Tobacco Policy states that all tobacco use is prohibited inside Department of the Navy facilities. All types of tobacco product use (smoking and smokeless) may only be used in the designated tobacco use area. The bottom line is – no e-cigarette use inside of any buildings.

## 5. Are there any bans on the use of e-cigarettes?

Yes, e-products are prohibited aboard planes and during commercial air travel, and are also banned on Amtrak trains. Many counties, cities and states have prohibited e-product use at work and in work spaces.



## 6. Where can I get more information on e-cigarettes?

DoD Quit Tobacco Make Everyone Proud- Electronic Cigarettes

[www.ucanquit2.org/facts/default.aspx](http://www.ucanquit2.org/facts/default.aspx)

Federal Drug Administration- E-Cigarettes: Questions and Answers

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm225210.htm>

US Air Force Tobacco Policy

[www.e-publishing.af.mil/shared/media/epubs/AFI40-102.pdf](http://www.e-publishing.af.mil/shared/media/epubs/AFI40-102.pdf)

Veterans Health Administration Information Letter on Electronic Cigarettes

<http://www.publichealth.va.gov/docs/smoking/vha-info-ltr-2011-ecigarettes.pdf>