

Just like smoking tobacco,  
young Tasmanians **should not** use electronic cigarettes

### What are electronic cigarettes?

An electronic cigarette, also known as an e-cigarette or a personal vaporiser, is a battery operated device that heats a substance into a mist that a user breathes in to their lungs. Some look like tobacco cigarettes whilst others look like an electronic device.

### How do they work?

An electronic cigarette heats a cartridge that can be replaced and which may contain liquid nicotine and other chemicals. The heating process creates a mist that looks like tobacco smoke. This is called vapour. Using an electronic cigarette is sometimes called vaping.

### Are they safe to use?

In Australia, electronic cigarettes have not been assessed for quality or safety so it is not known if they are safe to use. This includes vapour. We do know that electronic cigarettes contain chemicals that are harmful.

### Nicotine

Nicotine is a dangerous poison and it is against the law for electronic cigarettes to be sold with nicotine in Tasmania. Some have been found for sale in Tasmania with nicotine which the user may not realise. A young person's brain develops until around the age of 25. Nicotine exposure during young adulthood can cause addiction and harm the developing brain. For a young person, nicotine can make it harder to concentrate, learn or control impulses.

### Electronic cigarette laws

To protect young people, electronic cigarettes are treated the same as tobacco under recent changes to the law. This means:

- a person under 18 years of age cannot use, possess or buy electronic cigarettes.
- a person cannot supply or sell electronic cigarettes to a person under 18.
- electronic cigarettes cannot be used in public areas such as workplaces, bars and restaurants, cars with a child in it, bus shelters, bus and pedestrian malls, public swimming pools, between the flags at a beach, within 3 metres of an entry or exit to a public building, at outdoor sporting events and at certain public events that are smoke free.

### Help to quit smoking

Some people claim electronic cigarettes can help people to quit smoking. A lot of research is happening around the world to see if this is the case but so far there is not enough evidence to support this claim.

There is help for young people and adults wanting to quit smoking tobacco.

Visit [www.smokefree.den.org.au](http://www.smokefree.den.org.au)

