

E-cigarettes in Multi-unit Housing



Electronic smoking devices, commonly referred to as e-cigarettes, use a battery to heat a liquid nicotine solution called “e-liquid.” The heated liquid creates an aerosol that is inhaled into the lungs. The devices have a variety of names including e-cigs, hookah pens, vapes, and mods.¹

Some e-cigarettes are made for one-time use and others can be recharged and refilled with e-liquid. E-liquid is often flavored to taste like fruit or candy. This makes them very popular among teens and young adults.¹



Health Risks

E-cigarette aerosol contains **nicotine and harmful chemicals**, just like tobacco smoke.¹

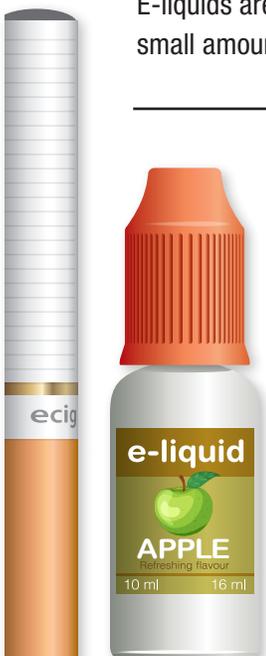
Some of the chemicals in e-cigarette aerosol are known to cause **cancer, birth defects, and other health problems**.¹

Long-term exposure can **hurt brain development** in children and teens.¹

Hazardous for Children

E-liquids come in fun flavors like bubble gum, cherry, and chocolate that appeal to children, who may taste or drink the liquid.¹

E-liquids are **poisonous if swallowed**. Even a small amount can be deadly to a child.¹



Danger of Explosion

E-cigarette batteries can **explode and burst into flames**.²

People have suffered severe burns and broken teeth when their devices exploded.²



Highly Addictive

E-cigarettes are **addictive**, just like regular cigarettes.¹

E-cigarettes do not help people quit smoking cigarettes and **can lead nonsmokers to start smoking**.¹

10x

E-cigarette use increased **ten times** among high school students from 2011–2015.³

4x

Teens who use e-cigarettes are **four times** more likely to start smoking regular cigarettes.⁴

Why Include E-cigarettes in Smoke-Free Housing Policies?

Eight states, including California, already prohibit e-cigarette use in workplaces, restaurants, and bars to protect employees and patrons.³

As e-cigarette use rises, the number of explosions and fires in the home is likely to increase.²

Adding e-cigarettes to smoke-free housing restrictions is an easy way to **protect your tenants' health and limit property damage**.



References: E-Cigarettes in Multi-Unit Housing

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3. U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. *STATE System E-Cigarette Fact Sheet*, 2016. Available from: <http://www.cdc.gov/statesystem/factsheets.html>.
4. Miech R, Patrick ME, O'Malley PM, et al E-cigarette use as a predictor of cigarette smoking: results from a 1-year follow-up of a national sample of 12th grade students. *Tobacco Control*. Published Online First: 06 February 2017. doi: 10.1136/tobaccocontrol-2016-053291. Available from: <http://tobaccocontrol.bmj.com/content/early/2017/01/04/tobaccocontrol-2016-053291>.