



**E-cigarettes can help
you quit smoking**

Find out how



Find out more online:

Ylyc.worcestershire.gov.uk/stopsmoking



**worcestershire
county council**

HOW CAN E-CIGARETTES HELP ME TO QUIT SMOKING?

- Different things work for different people. If you have tried other methods to quit smoking and they haven't worked for you, you may want to give e-cigarettes a go.
- There is growing evidence that e-cigarettes can help people stop smoking cigarettes by helping manage nicotine cravings.

WHAT ARE E-CIGARETTES?

- E-cigarettes are devices that let you inhale nicotine in a vapour rather than smoke
- They work by heating and vapourising a solution that typically contains nicotine, propylene glycol and flavourings.



ARE THEY SAFE?

- E-cigarettes are not completely risk-free, but vaping is 95% less harmful than smoking
- While nicotine is the addictive substance in cigarettes, it is relatively harmless.
- The harmful chemicals in tobacco smoke, including those that cause cancer, are either completely absent from e-cigarette vapour or present at much lower levels.

IS THE VAPOUR HARMFUL TO OTHERS?

- Currently there is no evidence that vaping causes harm to other people around you.
- Any risk of harm is extremely low compared to second-hand tobacco smoke.
- Second hand exposure to e-cigarette vapour can expose non-users to nicotine but at concentrations that are unlikely to have any significant health impact.

WHERE CAN I GET MORE INFORMATION?

Have a look at our webpage for more information

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