



E-cigarette safety advice

An electronic cigarette, also known as an E-cigarette, is an electronic inhaler that vaporises a liquid solution into an aerosol mist, simulating the act of tobacco smoking. Having seen an increase in accidental fires attributed to E-cigarettes please follow the advice below:

- ✗ Never leave E-cigarettes on charge for long periods of time unattended
 - ✗ Never leave a device to charge overnight
 - ✗ Never charge E-cigarettes near or on combustible or flammable materials
 - ✗ Never mix components of different devices
 - ✗ Never leave liquid nicotine refills or e-cigarettes in reach of children. The contents can be highly toxic
- ✓ Only use the charger supplied with the E-cigarette
 - ✓ Ensure you purchase your device from a reputable supplier
 - ✓ Check the E-cigarette carries CE Certification
 - ✓ Follow the manufacturers guidance supplied with the device
 - ✓ Contact Trading Standards over any E-cigarette safety concerns
 - ✓ For support to quit smoking phone the Smokefree National Helpline on 0300 123 1044

The above advice for E-cigarettes is the same as for electrical appliances such as mobile phones and laptops – don't be tempted to buy cheap unbranded batteries or chargers, don't leave them to charge whilst you are out of the house or asleep and keep them well away from flammable materials.



Fit smoke alarms



Test it



Plan an escape route



Get out, stay out and call 999



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E-cigarettes Advice – Maximise the benefits but minimise the risks

Smoking is one of the biggest preventable causes of premature death in the UK. It's linked to a range of serious and often fatal conditions, including heart disease and lung cancer. No matter what your age, the length of time you have been smoking or the method you use, almost as soon as you quit, the health benefits begin for both yourself and those around you.

Many smokers have successfully used e-cigarettes to support their quit attempt or to reduce their smoking levels. However, you must be aware of the following potential risks of e-cigarette use.

Toxic content

- Liquid nicotine is highly toxic through ingestion, inhalation or skin contact, especially for young children and even pets.
- E-cigarette containers and e-liquid refills should be regarded as medicines and poisons and kept well out of reach of children.

Potential fire hazard

- See Fire Service information overleaf. Smoke alarms save lives – fit one on every floor of your home and test the batteries regularly.

Age Restriction

- Electronic cigarettes are not recommended for and should not be sold to those who are under the age of 18.

Secondhand Vapour

- Current evidence suggests that the risks of exposure to tobacco smoke are much greater than those of exposure to vapour from e-cigarettes.

Support to quit smoking?

Congratulations if you have cut down or have quit smoking entirely but the safest way to protect those around you is to quit the nicotine habit altogether.

If you would like support to quit smoking and to kick the nicotine habit of electronic cigarette use, ask to see the Swindon NHS Stop Smoking Service.

For free information and advice call on freephone 0800 389 2229 or text 07881 281 797 or email Besmokefree@seqol.org.