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# QUITTING SMOKING?

**WHAT YOU NEED TO KNOW  
ABOUT E-CIGARETTES**



- E-cigarettes are not currently approved by the FDA as a quit smoking aid. FDA approval ensures that products are safe and effective, and that their benefits outweigh any known associated risks.
- The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive healthcare, concluded that evidence is insufficient to recommend e-cigarettes for smoking cessation in adults.
- According to the CDC: “While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.”
- Most adult e-cigarette users do not stop smoking cigarettes and continue to use both products – known as “dual use.” Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is important to protect your health.

**Tobacco Free Florida offers free  
FDA-approved nicotine replacement  
therapy, including nicotine patches, gum  
and lozenges.\***

**Creating a quit plan and using  
proven-effective resources,  
like Tobacco Free Florida,  
can significantly increase your  
chances of quitting for good.**

\*Available to tobacco users 18 or older,  
if medically appropriate.

Learn more about Tobacco Free Florida’s  
free and proven-effective tools and services  
at [\*\*tobaccofreeflorida.com\*\*](https://tobaccofreeflorida.com).

