

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.

