



## **Electronic cigarettes (E-cigs)**

More people are starting to use Electronic cigarettes (also known as vapourisers) as an aid to help people stop smoking. There is no official guidance on their safety in the United Kingdom and no electronic cigarettes have yet been licensed as stop smoking aids.

### Facts about E-Cigs

An e-cigarette is an electronic device that delivers nicotine in a vapour. This allows you to inhale nicotine without most of the harmful effects of smoking, as the vapour contains no tar or carbon monoxide.

There are no e-cigarettes currently available on prescription.

For now, if you want to use an e-cigarette to help you quit, you'll have to buy one. Costs of e-cigarettes can vary, but generally they're much cheaper than cigarettes.

### Are e-cigarettes safe?

E-cigarettes are still fairly new and we won't have a full picture on their safety until they have been in use for many years. However, according to current evidence on e-cigarettes, they carry a fraction of the risk of cigarettes.

If you want more help and information then don't hesitate – call today.