



Ten useful vaping quotes and facts to show your co-workers.

1. **"Our findings strongly support that exhaled e-cigarette aerosols are unlikely to pose a risk to bystanders."** *International Journal of Environmental Research and Public Health*
2. **"E-cigarettes are being used almost exclusively as safer alternatives to smoked tobacco by confirmed smokers."** *Royal College of Physicians*
3. **On the subject of passive vaping: "There is, so far, no direct evidence that such passive exposure is likely to cause significant harm."** *Royal College of Physicians*
4. **"Observational population-level evidence indicates that dual users of both tobacco and e-cigarettes are more likely to make an attempt to stop smoking than smokers who do not also use e-cigarettes."** *Royal College of Physicians*
5. **"This study shows there is growing evidence that e-cigarettes are a much safer alternative to tobacco, and suggests the long term effects of these products will be minimal."** - *Alison Cox, Cancer Research UK*
6. **"We do not believe that there is justification for an indoor ban on e-cigarettes, either on the basis of potential harm to bystanders from second hand vapour or that they re-normalise smoking tobacco."** *Cancer Research UK*
7. **"The number of vapers in the UK is now estimated at 2.8 million."** *ASH*
8. **"Nearly half the population don't realise e-cigarettes are much less harmful than smoking"** *Public Health England.*
9. **"The electronic cigarette is about 95% less harmful than conventional cigarettes"** *Public Health England*
10. **"E-cigarettes now the most popular quitting method."** *STS, April 2017*





Useful links and studies:

<https://www.gov.uk/government/news/e-cigarettes-around-95-less-harmful-than-tobacco-estimates-landmark-review>

<http://www.fontemventures.com/news/new-study-finds-e-cigarettes-do-not-impact-indoor-air-quality-or-pose-issue-for-bystanders/>

<https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction-0>

http://www.cancerresearchuk.org/sites/default/files/e-cigarette_briefing_nov_2016_final.pdf



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