

Electronic Cigarettes – A basic introduction

What is vaping?

(a guide for publicans)

Vaping is an alternative to smoking. It simulates the sensation of smoking for the smoker, BUT it is perfectly legal to use in pubs. Vaping produces a vapour by heating a liquid which may or may not contain nicotine.

Why is vaping legal in pubs?

Vaping is NOT smoking. The Health Act of 2006, refers to smoking as;

- *Smoking tobacco or anything which contains tobacco, or smoking any other substance.*
- *Smoking includes being in the possession of lit tobacco or of anything lit which contains tobacco, or being in possession of any other lit substance in a form in which it could be smoked.*

The liquid that is vaporised, contains NO tobacco and it is heated up, not lit, so it is not smoking.

What are ecigs and PVs?

Ecigs (Electronic Cigarettes) and PVs (Personal Vaporisers) are the devices used to produce the vapour. These usually consist of two parts;

Cartomiser: This contains the liquid to be heated and a heating element that converts the liquid into a vapour.

Battery: This supplies power to the atomiser. It may or may not look like a traditional cigarette.



How do I tell vaping apart from smoking?

Two easy ways to distinguish vaping from smoking are;

- Vaping produces almost no odour.
- Ecigs and PVs only produce vapour when inhaled.

How would vaping benefit pubs?

Since the smoking ban came into force on the 1st of July 2007, many smokers often choose to stay at home rather than regularly patronise their local pub. It is not surprising, as they have been forced to stand outside away from their non-smoking friends, in all weathers, rather than enjoy a pint in peace. Most pubs have suffered financially, and many thousands have been forced to close.

Vaping is an alternative legal pastime that will encourage the smokers to come back and enjoy pub life. As the smokers return, so will the atmosphere and hopefully the revenue.

Electronic Cigarettes – Frequently asked questions

Do ecigs taste like a real cigarette?

The simple answer is NO. There is no burning or smoke so tobacco flavoured ecigs taste more like the way tobacco smells. In fact, as the manufacturers use food flavourings, to make their eliquid flavours, ecigs can be made to taste like almost anything, however they do not taste like smoke.

Do ecigs satisfy like a real cigarette?

The satisfaction is not the same although it is similar. The eliquids used in ecigs usually contain nicotine but they do not contain the majority of the other chemicals found in tobacco. Ecigs satisfy the hand to mouth 'action of smoking' and any cravings for nicotine that the smoker may have, but as there is no smoke, there is also no carbon monoxide. The lack of carbon monoxide and tar makes the experience of using an ecig different to smoking traditional tobacco cigarettes although many users find it just as satisfying.

What is in the vapour?

The majority of the vapour that is exhaled is water along with much smaller amounts of propylene glycol (PG) or glycerine (VG). This is because the visible vapour is formed by the vaporised PG or VG attracting water from the surroundings to it. There may be trace amounts of food flavourings in the exhaled vapour as well.

Does the vapour smell?

Most vapours have a slight sweet smell which disperses after a few seconds.

How many cigarettes is one cartomiser the same as?

This is an area of much debate and where exaggerations occur with a number of ecig vendors (from 20 to 40 cigarettes each!). There are two basic sizes of cartomiser and CAM-VIP suggests that the smaller one is about the same as ten cigarettes and the larger is worth about fifteen cigarettes.

Are ecigs cheaper than traditional cigarettes?

After the initial outlay of buying a battery and charger, **ecigs are significantly cheaper** than traditional cigarettes. The **break even point** between the cost of cigarettes avoided and the spend on ecigs can be **within the first week for most smokers**, but this depends upon which ecig they choose and how often they replace their usual cigarettes with their ecig.

Are ecigs healthy?

Again the simple answer is NO. Breathing any unnecessary substances into your lungs is not likely to be a healthy activity. The PG and VG in the eliquids dry out the throat causing minor irritation and some people have allergic reactions to PG whilst VG can cause phlegm in others. However, using ecigs is considered to pose much less of a health risk than smoking tobacco cigarettes.

Can I use an ecig anywhere?

Legally, you can use an ecig anywhere. In reality there are many places that do not allow the use of ecigs and there are a variety of reasons are given for those restrictions. It is important that ecig users accept those reasons and adjust their behaviour accordingly. The main reason given by pubs against their use is that it **'looks like smoking and will cause smokers to light up'**.

There are two ways in which using ecigs can look similar to smoking. The first is by using one that looks like a real cigarette from a distance – white and tan body with a red LED on the end. We suggest that this type of ecig should not be used in a pub. The second reason is that the vapour looks like smoke. We suggest **stealth vaping** - but only as a last resort.

What is 'stealth vaping'?

Stealth vaping is the **subversive act** of making the use of an ecig invisible to others. The device itself can be disguised by holding it in the palm of your hand. The easiest way to hide the vapour is to take a deep inhale into the lungs and hold it there for a few seconds. On the exhale, almost no vapour can be seen. Stealth vaping is not a satisfying way of using an ecig. We suggest that if the pub you are in objects to ecigs, go outside with the smokers for a while then quickly head on to pubs where you can use them.

Electronic Cigarettes – Glossary

Vaping: The act of using an electronic cigarette.

Ecig: An electronic cigarette.

PV: A personal vaporiser, another name for an electronic cigarette.

Cartomiser: The tip of the electronic cigarette that contains a heating coil and the liquid to be vaporised.

Eliquid: The nicotine containing liquid that is used in an electronic cigarette.

PG and VG: Propylene glycol and vegetable glycerine, vapour producing liquids that are the main constituents of eliquid.

Useful Websites

Campaign for Vaping in Pubs: camvip.webs.com

Ecig Reviews: www.e-cig-reviews.com

Electronic Cigarette Consumer Association: www.eccauk.org

UK Vapers Forum: ukvapers.org

Vapers Network: vapersnetwork.org