

The future pattern of tobacco product use by currently-addicted youth e-cigarette users is unknown, but the only pathway to eliminating the harms of e-cigarettes is to quit using them as soon as possible and to not start using any other tobacco products, such as cigarettes. Without urgent and effective public health action, e-cigarettes will lead to a new generation of nicotine-addicted individuals.

Guidance for Adults Who Currently Use E-cigarettes

Some individuals who smoke choose to try e-cigarettes to help them stop smoking. Since smoking kills fully half of all long-time users, successfully stopping smoking leads to well-documented health benefits. Nonetheless, adults who smoke who switch to using e-cigarettes expose themselves to potentially serious ongoing health risks. Thus, people who smoked formerly who are currently using e-cigarettes, whether alone or in combination with combustible tobacco products, should be encouraged and assisted to stop using all tobacco products, including e-cigarettes, as soon as possible both to eliminate their exposure to ongoing health risks and avoid perpetuating addiction. IfSince smokingtg c

