

# E-cigarettes in pregnancy

## Are e-cigarettes safe to use?

- E-cigarettes aren't risk free, but they are much less harmful than smoking
- If using an e-cigarette helps you stay smokefree, it is much safer for you and your baby than smoking

## Can I still smoke *a bit* of tobacco?

- NO - Every cigarette harms you and your baby
- The only way to stop this is to stop smoking tobacco completely
- You can use your e-cigarette as often as you need to stay smokefree

## Is it OK for others to use e-cigarettes around me?

- It is far safer than allowing smoking
- Secondhand tobacco smoke is very harmful to you and your baby
- There is no evidence of harm to others from e-cigarette vapour

## Using an e-cigarette is far safer than smoking

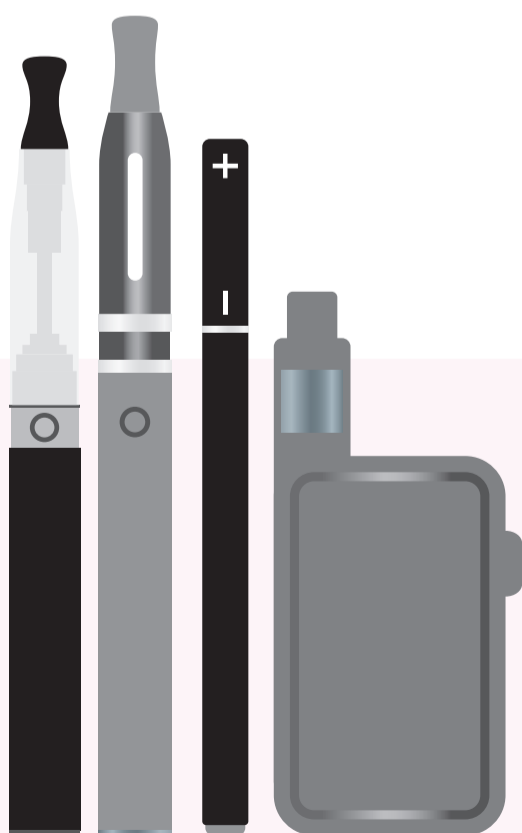
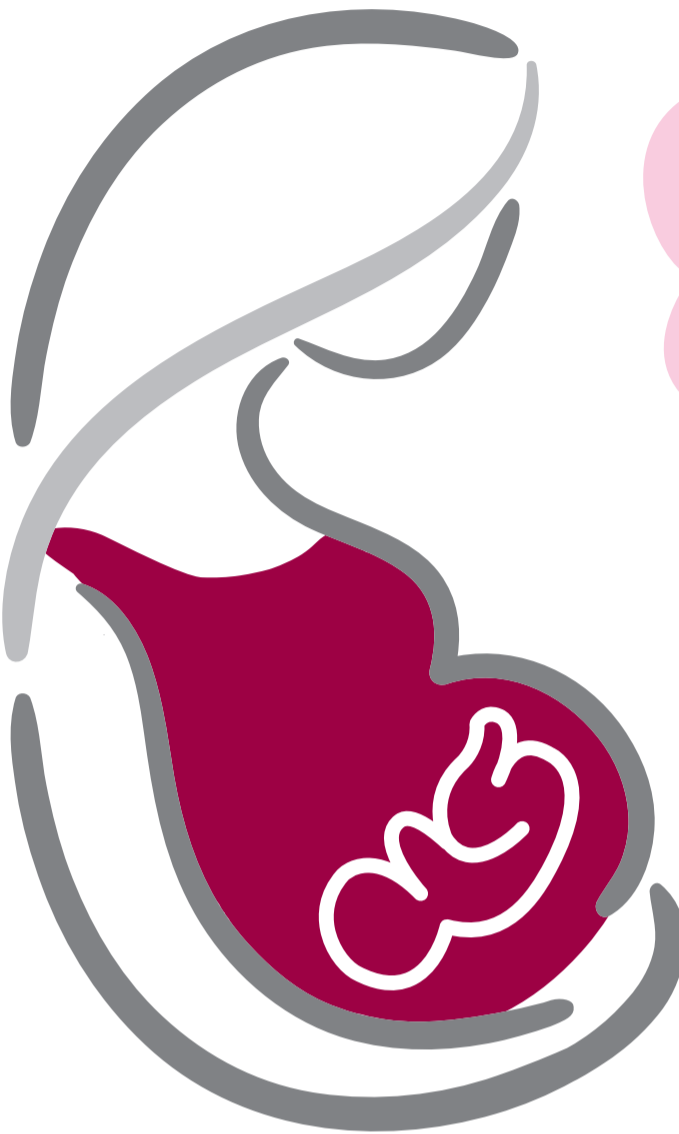
- E-cigarettes allow you to inhale nicotine through a vapour rather than smoke
- E-cigarettes don't burn tobacco, and don't produce tar or carbon monoxide
- Vapour contains much lower levels of harmful chemicals than smoke

## Can I use an e-cigarette to help me quit smoking?

- The safest products to use are nicotine replacements such as patches and gum
- If you find an e-cigarette helpful, it is far safer than continuing to smoke

## Is nicotine harmful for my baby?

- Nicotine alone is relatively harmless
- The main harm from smoking comes from the thousands of chemicals in tobacco smoke



For more information on quitting smoking ask your midwife, GP or pharmacy team or search NHS Smokefree.



Always keep e-cigarettes and e-liquids out of the reach of children to avoid accidental poisoning. Always use the correct charger.