

## Free Help For People Who Vape or Use E-cigarettes

### • Teens

**WWW.MYLIFEMYQUIT.COM.**

- o Free, live, and confidential help.
- o Specialized support by online chat, text (36072), and phone (855-891-9989).
- o Parents, teachers, healthcare providers, and others can get free promotional resources.
- o Providers may refer patients for free services.

### • Adults

- o Rhode Islanders ages 18 and older can call 1-800-QUIT-NOW (1-800-784-8669) to get free counseling by phone and online chat, and FREE Nicotine replacement Therapy (NRT) patches, gum, or lozenges mailed direct to their homes.



Rhode Island Department of Health  
401-222-5960 / RI Relay 711  
[health.ri.gov/ecigarettes](http://health.ri.gov/ecigarettes)



# Rhode Island Regulations Prohibit the Sale of Flavored Electronic Nicotine Delivery System (ENDS) Products

*What Rhode Island Businesses and Consumers Need to Know*



## Rhode Island Laws

*Electronic Nicotine Delivery Systems (ENDS) are commonly known as e-cigarettes or vaping devices. Rhode Island laws\* about ENDS products or components noted below apply to nicotine-based and other non-nicotine-based substances.*

- The state and federal minimum legal age to buy ENDS products is 21.
- Federal regulations prohibit marketing ENDS products as a way to quit smoking. The FDA has not approved any ENDS product as safe and effective for helping smokers quit.
- **As of October 4, 2019, it is illegal to sell or offer to sell FLAVORED ENDS products** (except for tobacco flavor or unflavored). This includes online sales to Rhode Islanders. Compassion centers and licensed cultivators registered with the Rhode Island Department of Business Regulations--Office of Cannabis Regulation under R.I. Gen. Laws Chapter 21-28.6 are exempt from this provision.\*
- Any business\* or person that sells ENDS products must have a license from RIDOH. When licenses are obtained and renewed, the businesses must certify that they comply with regulations that prohibit flavors. [health.ri.gov/licenses](http://health.ri.gov/licenses)
- Any business that sells other tobacco products must have a license from the State Division of Taxation. [www.tax.ri.gov](http://www.tax.ri.gov)
- In most indoor workplaces and public spaces, it is illegal to vape e-cigarettes or smoke combustible lit cigarettes.
- **It is illegal for anyone at any time to possess or use ENDS products or smoke lit cigarettes on any K-12 school property — indoors or outdoors.** Outdoor areas include recreational areas, open spaces, walking paths, parking lots, cars, Dumpsters, loading dock areas, roadways, utility structures, and other areas open to community use.

*\*THC products sold by licensed Compassion Centers and cultivators hold a separate license and are exempt from this requirement.*

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## Health Risks of Vaping and E-cigarette Use

*Using e-cigarettes or vaping is especially dangerous for:*

- **Anyone younger than 26:** A person's brain continues developing until age 26, and vaping and e-cigarette use can hurt brain development.
- **Women who are pregnant.**
- Anyone who does **not already smoke or uses other tobacco products** (e.g. lit cigarettes, chew/dip, cigars, etc).

*There are health and safety risks from vaping or using e-cigarettes, exposure to nicotine, and secondhand aerosol exposure. These include:*

- Premature birth
- Birth defects
- Low birth weight
- Infant mortality
- Sudden Unexpected Infant Death (SUID)
- Problems with learning, memory, impulse control, making decisions, mood, depression, and other mental health disorders
- Severe lung illnesses and injuries
- Heart problems
- Seizures
- Rapid addiction: nicotine can cause someone to get addicted faster to other drugs and alcohol
- Severe injury, including death, from battery explosion
- Poisonings of children or pets who accidentally consume e-cigarette liquids
- Fine particles known to cause cancer have been found in some e-cigarette aerosols

*Never try to vape any flavored or scented substances or products that are normally used for eating, drinking, moisturizing lotions, washing, medication, aromatherapy, spas/baths, etc. Inhaling these items can be very harmful to your health.*