

Free Help For People Who Vape or Use E-cigarettes

• Teens

- o Text the Tobacco Free Rhode Island (TFRI) promo code **HOPE4RI** to **88709**.
- o Teens 13 and older who use e-cigarettes or vape can call the Quitline at 1-800-QUIT-NOW (800-784-8669) for free, confidential counseling, online tools, and referrals to local services.

• Adults

- o Rhode Islanders age 18 and older can call 1-800-QUIT-NOW (1-800-784-8669) to get free counseling by phone and FREE Nicotine replacement Therapy (NRT) patches, gum, or lozenges mailed direct to their homes
- o Parents of teens who use e-cigarettes or vape can call the Quitline for information and resources to help teens quit.



Rhode Island Department of Health
401-222-5960 / RI Relay 711
health.ri.gov/healthrisks/tobacco/



Emergency Regulations Banning the Sale of Flavored Electronic Nicotine Delivery System (ENDS) Products

What Rhode Island Businesses 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 minimum legal age to buy ENDS products is 18.
- 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 FLAVORED ENDS products** and to manufacture, distribute, or possess with the intent to sell or distribute any flavored ENDS products (except for tobacco flavor or unflavored). This includes online sales to Rhode Islanders. Flavored CBD-labeled products packaged for vaping uses cannot be sold anywhere except Medical Marijuana Compassion Centers.*
- Any business* or person that sells ENDS products must have a license from RIDOH. When licenses are renewed in January 2020, licensees will be required to certify that they comply with regulations that ban flavors. 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
- In most indoor workplaces and public spaces, it is illegal to vape or smoke lit cigarettes.
- **It is illegal to possess or use ENDS products or smoke lit cigarettes on any K-12 school property** by anyone at any time — 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.*

Health Risks of Vaping and E-cigarette Use

Using e-cigarettes or vaping is dangerous for:

- **Anyone younger than 26:** A person's brain does not finish 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).

We already know that there are health and safety risks from vaping or using e-cigarettes, exposure to nicotine, and secondhand aerosol exposure. They 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 injuries from battery explosions, including death
- Poisonings of children or pets who accidentally eat e-cigarette liquids
- Cancer-causing particles in some ENDS aerosols

It may be harmful to health to vape any substances that are not approved as safe by the US Food and Drug Administration (FDA). Examples include and are not limited to any substances or products that people eat, drink, grow, put on skin, use for washing, use for medication, use in aromatherapy, etc.