E-Cigarette and Oxygen Advice

Patient Information on the dangers of using e-cigarettes whilst on oxygen therapy.
**What is an E-Cigarette?**
An e-cigarette creates the feel of smoking tobacco. This battery powered vaporizer uses a heating element to turn an e liquid into an aerosol mist.

**Dangers of E-Cigarettes**
Oxygen is one of the ingredients required for a fire. It will make a fire burn hotter and faster.

- Do not smoke cigarettes or e-cigarettes whilst using or near oxygen equipment.

**For safe E-Cigarette use**
- do switch off, remove and distance yourself from any oxygen equipment prior to using your e-cigarette
- do switch off oxygen when not in use
- do switch off e-cigarette devices and chargers when not in use
- do check your e-cigarette has CE certification
- do purchase from a reputable supplier

**Smoking Cessation**
E-cigarettes still contain other chemicals which may harmful. The long term effects of the other substances added to e-liquids are not fully understood yet. If you would like help to give up smoking for good please call 0300 100 1000.

Your health and wellbeing is important to us. Our staff can provide advice and guidance about staying healthy and feeling good about yourself. We can also direct you to other services / activities which may be able to help.