

# What should I look for when buying an e-cigarette?

**The best thing you can do for your health is quit smoking. Vaping can help you on your journey and e-cigarettes are currently the most popular quitting aid out there. Public Health England believes that e-cigarettes are helping at least 20,000 people successfully quit each year across the country.**

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Yorkshire Smokefree Sheffield can support you to quit using an e-cigarette but you will need to purchase your products from a local retailer as they are not currently available on prescription.

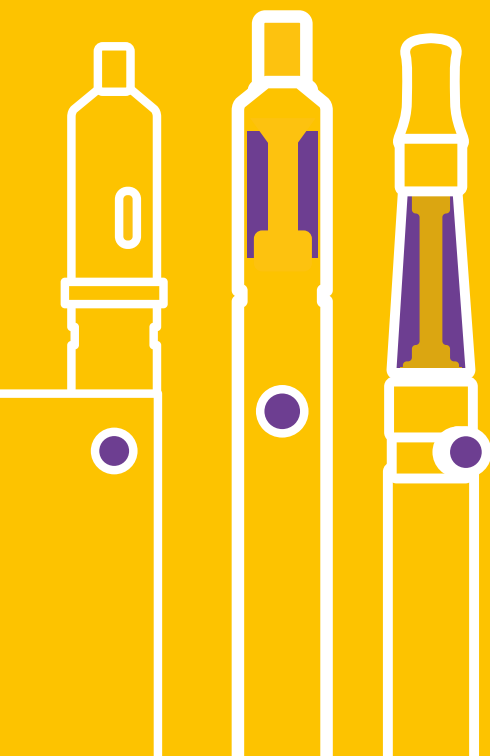
The UK has one of the most comprehensive systems of regulation for e-cigarettes in the world, so if you are considering buying an e-cigarette, here's some simple advice to help you choose a product that meets new safety and quality standards, giving you extra peace of mind.

## Make sure it's registered

The new rules that came into place in May 2016 require all e-cigarettes and e-liquids to be registered with the Medicines and Healthcare products Regulatory Agency before they're sold in local shops.

If it's not registered, it may not meet the minimum quality and safety standards. Always read the packaging or ask the retailer if you're unsure.

You can also check here if they are registered <https://www.gov.uk/guidance/e-cigarettes-regulations-for-consumer-products>



## Look at the seals

The packaging of all e-liquids must be child resistant and tamper proof. This means it's harder for children to open the product, and you should be able to tell if someone's tampered with the product because the seal will be broken or split.

The device must be protected against breakage and leakage and capable of being refilled without leakage.

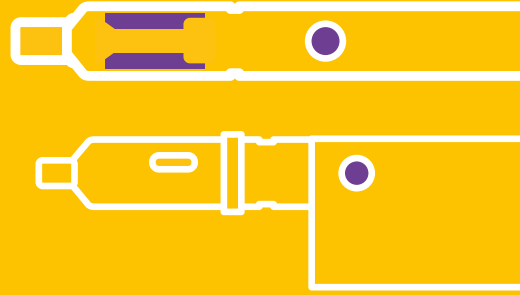
## Check the tank size and packaging

Under the new rules, refillable tanks for e-cigarettes must be no bigger than 2ml in capacity and nicotine strengths of e-liquids must be no more than 20mg. This information must appear on the labelling of products sold.

The packaging must also have a health warning that covers 30% of the pack. The message "this product contains nicotine which is a highly addictive substance" should appear on both the front and back of packs.

If any of the information is missing from the product you are considering purchasing, it may not be meeting the required quality and safety standards.

**Join the increasing number of people across Sheffield who are quitting with the help of e-cigarettes. Visit [smokefreesheffield.org](https://smokefreesheffield.org) to find local partners that can help you on your journey.**



## User Information leaflet

All packs must contain an information leaflet on how to use the product and ingredients within the e-liquid.

## Age restricted product

It is against the law to sell e-cigarettes or e-liquids to anyone who is under the age of 18.

The Sheffield Trading Standards team carries out test purchase operations locally to assess compliance with this new law. There is a maximum fine of £2,500 for selling e-cigarette products to minors. Please contact Trading Standards if you have any information on underage sales **03454 040 506**.

If you have concerns about the quality or safety of an e-cigarette product, or have experienced any side effects, you can report this via <https://yellowcard.mhra.gov.uk/>.



**Smokefree  
Sheffield**

[smokefreesheffield.org](https://smokefreesheffield.org)