

Nicotine

Why am I being warned about potential exposure to nicotine?



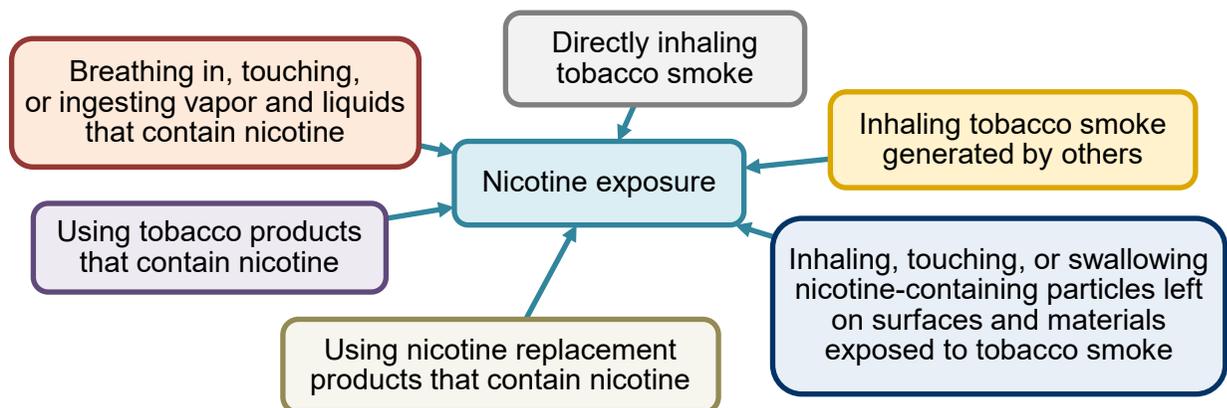
- Nicotine is on the [Proposition 65](#) list because it can cause birth defects or other reproductive harm. Exposure to nicotine during pregnancy may affect the baby's development.
- Proposition 65 requires businesses to determine if they must provide a warning about significant exposure to [listed chemicals](#).

What is nicotine?

- Nicotine is an addictive chemical compound that is formed naturally in tobacco and some other plants. It is used in a wide variety of tobacco products and some pharmaceuticals.
- Nicotine can be found in:
 - ▶ Cigarettes, cigars, cigarillos, hand-rolled cigarettes (such as bidis), and clove cigarettes (kreteks).
 - ▶ [Tobacco smoke](#).
 - ▶ Chewing tobacco, snuff, and tobacco products that are dissolved in the mouth (such as orbs, sticks, strips, and lozenges).
 - ▶ [Electronic or e-cigarettes](#), e-cigars, e-pipes, and other vaping devices, and refills for these devices (known as e-liquids, e-juice, or vape juice).
 - ▶ Vapor from vaping devices.
 - ▶ Many nicotine-replacement products designed to help quit tobacco use (such as patches, gels, inhalers, gum, lozenges and sprays).

How does exposure to nicotine occur?

- During pregnancy, nicotine passes from mother to baby.



How can I reduce my exposure to nicotine?

- ⊗ Do not use tobacco products.
- ⊗ Avoid breathing air containing tobacco smoke, or vapor that contains nicotine.
- ⊗ Do not allow children to use tobacco products, or spend time in [places where tobacco products](#) are being used.
- ✓ If you use tobacco products, do your best to quit. In the meantime, do not use these products near other people. If you must smoke or vape, do so outdoors.
- ✓ Choose venues that are free of tobacco products. In California, the use of tobacco products in public places, restaurants, bars, state-regulated gambling venues, and most workplaces is not allowed.
- ✓ Establish smoke-free and nicotine-free rules for your home and car.
- ✓ Ask others not to use tobacco products near you and your family.
- ⊗ Avoid direct contact with the contents of vaping device refills that contain nicotine.

For more information:

General Fact Sheets and Resources

- US Department of Health and Human Services (HHS)
Centers for Disease Control and Prevention (CDC)
 - ▶ Smoking, Pregnancy, and Babies
<https://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>
- National Institutes of Health (NIH)
 - ▶ Tobacco, Nicotine, and E-Cigarettes Research Report.
What are the risks of smoking during pregnancy?
<https://www.drugabuse.gov/publications/research-reports/tobacco/smoking-pregnancy%E2%80%94what-are-risks>

Proposition 65

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List of Chemicals
<https://www.p65warnings.ca.gov/chemicals>
 - ▶ Proposition 65: Fact Sheets
<https://www.p65warnings.ca.gov/fact-sheets>