



Dear Parents and Students,

ADVISORY FOR UPCOMING SCHOOL HOLIDAYS

The Health Promotion Board (HPB) and Health Sciences Authority (HSA) would like to remind you of the following:

VAPING IS ILLEGAL, REGARDLESS OF AGE.

Under the Tobacco (Control of Advertisements and Sale) Act:

- It is an offence to purchase, use or possess e-cigarettes and/or their components. Offenders can be fined up to \$2000.
- **It is also an offence to advertise, import, distribute, sell, offer for sale or possess for sale these products in Singapore. First time offenders can be fined up to \$10,000 or face imprisonment of up to 6 months or both.**
- Disciplinary actions will be taken against anyone caught for the above offences.

Refer to Annex for more information on the penalties imposed on the offences.

VAPING IS HARMFUL AND CAN BE A GATEWAY TO CIGARETTE SMOKING.

Vaping, just like smoking traditional cigarettes, is harmful and can lead to lifelong addiction. E-cigarettes contain many harmful substances such as nicotine. These substances can negatively impact brain development, especially to parts of the brain that control attention, learning and memory. E-cigarettes also contain benzene and formaldehyde – which can cause cancer and infertility. Studies have also shown that individuals who vape are more likely to pick up cigarette smoking later in life¹.

If you know of someone who vapes or owns an e-cigarette, please inform the school so that timely cessation support can be offered to them. Alternatively, please call QuitLine at 1800 438 2000 for vaping/smoking cessation support.

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Health Promotion Board

Mr Norman Chong
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Health Sciences Authority

¹ Chien Y et al. Electronic Cigarette Use and Smoking Initiation in Taiwan: Evidence from the First Prospective Study in Asia. *Int J Environ Res Public Health* 2019. Apr; 16(7):1145.
Conner M et al. Evidence that an intervention weakens the relationship between adolescent electronic cigarette use and tobacco smoking: a 24-month prospective study. *Tob Control* 2019.
Hammond D et al. Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study. *CMAJ* 2017
Soneji S, Barrington-Trimis J, Wills T.A, et al. Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults. *JAMA Pediatrics* 2017.

Annex

Examples of scenarios of possessing, using or purchasing of e-cigarettes:

| Scenario A | Scenario B | Scenario C |
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| "I bought an e-cigarette online, but I did not use it." | "I bought 2 e-cigarettes, 1 for me and 1 for my friend, who paid me for his share." | "I post vape content on my Tiktok and Instagram account." |
| This is considered as a purchase . | This is considered as a sale . | This is considered as an advertisement . |
| <ul style="list-style-type: none"> • Penalty imposed for possessing, using or purchasing e-cigarettes. • All offences, fine up to \$2,000. | <ul style="list-style-type: none"> • Penalty imposed for selling or advertising e-cigarettes • 1st offence <ul style="list-style-type: none"> ○ Fine up to \$10,000 ○ Imprisonment for a term not exceeding 6 months; or ○ Both fine & imprisonment • 2nd & subsequent offences <ul style="list-style-type: none"> ○ Fine up to \$20,000 ○ Imprisonment for a term not exceeding 12 months; or ○ Both fine & imprisonment | |