Remembering Key Tobacco Rules Keep Kids Safe

All of the laws for tobacco retailers are designed to make tobacco products less accessible and attractive to youth. You have an important role in protecting children from these harmful products, and our monthly newsletter and website are resources to help you in this role.

Remember these key rules that help protect children from cigarette and roll-your-own tobacco products:

1. Retailers must check the ID of everyone under age 27 who attempts to purchase any tobacco product.
2. Retailers must only sell tobacco products to customers age 18 or older.
3. Do not sell tobacco products in a vending machine.
4. Do not give away free samples of newly regulated tobacco products or any components or parts.
5. Do not sell cigarette packages containing fewer than 20 cigarettes, including single cigarettes.
6. Do not break open tobacco products to sell in smaller amounts.

Beginning August 10, 2018, additional federal laws will add the following rules:

1. Do not sell or distribute cigarette tobacco or roll-your-own products without a warning statement on the package.
2. Do not display advertisements for cigarette tobacco or roll-your-own products without a warning statement.

Smokeless tobacco, cigar, e-cigarettes, and hookah and pipe tobacco sales have similar rules. You should know, however, that under Federal law, if you mix loose tobacco and also sell this product, you will be regulated as both a tobacco retailer and a tobacco product manufacturer. The same rule goes for mixing liquids or modifying vaporizers electronic nicotine delivery systems (e-cigarettes).

Upcoming “Required Warning Statement” Rules to Watch for!

In August, 2018, the FDA will begin requiring that all tobacco products and advertisements include new warning statements that must be printed or permanently placed on products and advertisements – not placed on as a label after production.

The new warnings include a statement about the **addictiveness of nicotine** and will be included on all packages of cigarettes, roll-your-own tobacco, and covered tobacco products. The statement will read: “WARNING: This product contains nicotine. Nicotine is an addictive chemical.” The warning statements cannot be altered by the retailer.

The required warning statements for cigars include the nicotine warning as well as additional warnings:
- Cigar smoking can cause cancers of the mouth and throat, even if you do not inhale.
- Cigar smoking can cause lung cancer and heart disease
- Cigars are not a safe alternative to cigarettes
- Tobacco smoke increases the risk of lung cancer and heart disease, even in nonsmokers.
- Cigar use while pregnant can harm you and your baby; or Tobacco use increases the risk of infertility, stillbirth, and low birth weight.

Source: https://www.fda.gov/tobaccoproducts/labeling/labeling/ucm524442.htm

**Nicotine addiction?**

Nicotine is quickly absorbed into the bloodstream when a person smokes, and within 10 seconds reaches the brain creating a “pleasure sensation.” The brain releases adrenaline and gives the tobacco user a greater sense of energy. But the effects fade quickly—which is why smokers keep on smoking. Nicotine can also decrease appetite, increase blood pressure, intestinal activity, and saliva production. Nicotine addiction is the most common chemical dependence in the U.S. and is addictive as heroin, cocaine, and alcohol. A person who smokes one to two packs of cigarettes a day takes about 400 hits of nicotine each day—producing addiction.

Preventing the sale to Idaho’s youth saves lives. Idaho counts on its tobacco retailers to be a partner in the fight to keep underage youth from using tobacco. By knowing and following the law each day, you will ensure that Idaho’s youth stays healthy. Thank you for your help!