

Vaping (E-Cigarette) Information

Definition

- Information on vaping (e-cigarettes).
- Includes facts, myths, health risks, prevention, and trusted resources.

Health Information

Overview

- E-cigarettes vaporize nicotine so it can be inhaled. Nicotine is an addictive drug.
- E-cigarettes have many different names: vape pens, MODS, JUULs.
- They can look like pipes, cigars, cigarettes, pens, or USB memory sticks.
- They can be flavored. They can have marijuana instead of nicotine.
- In the U.S., the minimum age to buy e-cigarettes is 21.
- In Canada, it's illegal to sell e-cigarettes to anyone younger than 18. In some provinces, this age limit has been increased to 19 to 21 years.

Symptoms

- Symptoms from using nicotine e-cigarettes are the same as from other nicotine products.
- Vaping can cause a fast heart rate, high blood pressure, or anxious feelings.
- Most young children who accidentally ingest nicotine will throw up.
- In large overdoses, young children can have seizures. They may go into a coma or even die.

Care Advice

1. Key Points

- E-cigarettes (vaping) are a common way of using nicotine.
- E-cigarettes can lead to nicotine addiction.
- It's important to understand the health risks of vaping nicotine.
- Here's some information that can help.

2. Health Risks of Vaping (E-cigarettes)

- Although it's not "smoking" tobacco, you still inhale chemicals that hurt your lungs.
- Some vaping products can cause severe lung damage. This is from an ingredient in certain vaping products sold on the street.
- Vaping devices can explode and cause burns.
- Some young children have died from drinking nicotine vaping solutions.

3. Teens and Vaping (E-cigarettes)

- Nicotine from vaping is very addictive.
- Nicotine addiction can affect learning, attention, and your mental health.
- Teens who vape often also vape other drugs, such as marijuana. They are also more likely to smoke cigarettes.

4. **Myths About Vaping**

- **"Nicotine isn't addictive."** Nicotine is addictive. The more you use it, or the earlier you start, the more addictive it is.
- **"Vaping is safer than smoking."** The vapor from e-cigarettes is full of unsafe metals and chemicals. These hurt your lungs. Many of these chemicals are also linked to cancer, just like cigarettes.
- **"I can quit vaping easily."** It can be hard to stop vaping nicotine. Addiction happens quickly. You may need help from your doctor or a therapist.
- **"Vaping keeps me from smoking."** Teenagers who vape are more likely to smoke cigarettes and use other drugs.

5. **Accidental Nicotine Ingestion in Children: Prevention**

- Treat nicotine products in the home like medicines or alcohol.
- Keep nicotine locked up, out of sight, and out of reach of children.
- Don't vape around children, especially in the same room or car. Reason: the vapor isn't good for their health. They may also think it's safe for them to use.

6. **Vaping and Teens: Prevention**

- Talk to your teen about vaping. Start discussions before age 14.
- Set clear rules and expectations about vaping and other nicotine use. Avoid lecturing, judgment, or anger.
- Share the health risks of vaping. Remind them it can keep them from doing their best in school and sports.
- Support your teen in making good choices. Let them know it's fine to say no or walk away.
- Talk about ways they can resist peer pressure. Brainstorm or role play with them. Help them find the right words to say no.
- Help them stay away from people who are vaping.
- Listen to your teen's questions about vaping. If you can't answer them, use one of the resources below.

7. **Trusted Vaping Resources**

- **U.S. QUITLINE.** Free coaching over the phone to help quit smoking and vaping. Call 1-800-QUIT-NOW or go to <https://smokefree.gov/>.
- **Canada Smokers' Helpline.** Free confidential advice and coaching over the phone to help quit smoking and vaping. Call 1-877-513-5333 or go to <https://smokershelpline.ca/>.

Call Your Doctor If

- You are concerned about your teen's E-cigarette or vaping use
- You are concerned about your own E-cigarette or vaping use
- You think your child needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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