

Information for Parents on Vaping / E-Cigarettes

Vaping is illegal for anyone under the age of 21

What is Vaping?

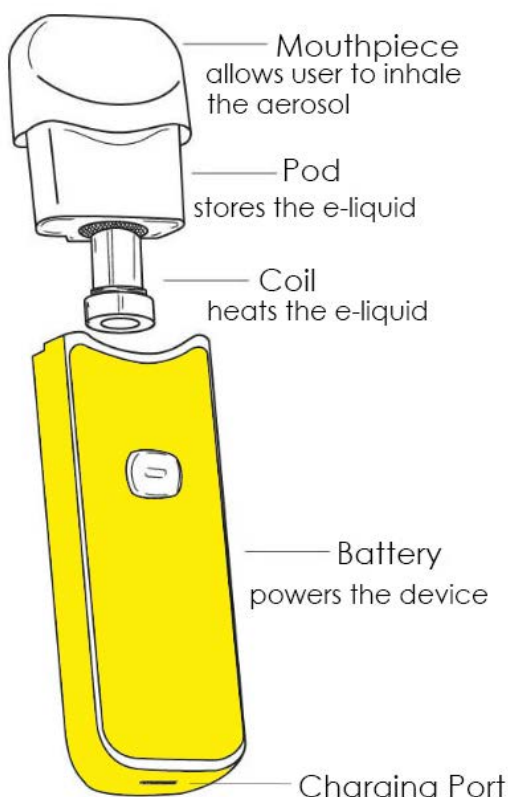
- The act of inhaling & exhaling the aerosol that is produced by an electronic vapor device when it heats up its liquid ingredients
- Most vaping liquids (e-liquids) include nicotine, flavoring chemicals, and other chemicals
- Some vaping products contain (or are modified to contain) marijuana (THC)

What do vaping devices look like?

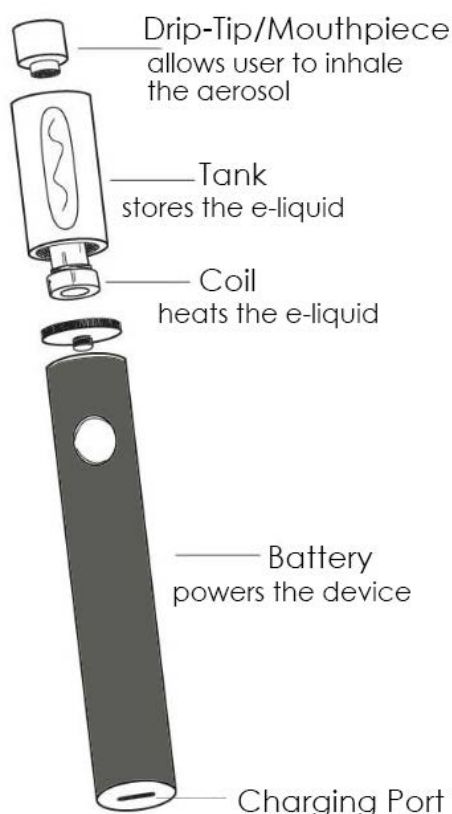
- Vapes come in many shapes, sizes and designs: original devices looked like cigarettes, cigars, or pipes
- Today vapes are small & discreet and resemble modern technology products like **USB flash drives, pens, cell phones, erasers, even lipstick**
- Some are **disposable** while others **can be reused** by charging the device and by replacing the e-liquid pod or refilling the tank
- Larger devices such as tank systems, or “mods,” do not look like other tobacco products and are customizable

What is being vaped?

- Many substances can be vaped, teens and young adults most commonly vape flavored e-liquids with nicotine or marijuana (THC)
- Vapes come in thousands of flavors which mask the harsh taste of nicotine and other chemicals making it easier to inhale (gummy bear, cheesecake, bubble gum, strawberry ice cream, banana are a just few flavors)
- Flavors (besides tobacco and menthol) **are BANNED** in pod-based or closed-systems, BUT loopholes in regulations are driving kids to flavored disposable vapes that have even higher nicotine content & countless flavors
- Nicotine levels range from 2 mg/ml to more than 59 mg/ml. A pack of unfiltered cigarettes contains 10.9 mg of nicotine, one disposable vape or pod contains 59mg of nicotine.
- Marijuana (THC) that gives you the high, CBD (medicinal purposes) or other drugs are being vaped



Vape Device with Pod System
(disposable & refillable)



Vape Device with Tank



What are the Health Effects of Vaping?

- It is now widely recognized that vaping is **unhealthy** and **dangerous**, even if it might not be quite as unhealthy and dangerous as smoking combustible cigarettes
- E-Cigarette **aerosol is NOT harmless** water vapor, a chemical residue is left behind on the lungs
- Immediate **health effects** include coughing, wheezing, behavioral and mood changes, headaches, seizures, vomiting and potential severe lung injury
- Vaping negatively affects teens' attention span, learning and impulse control that can affect them in school, sports and social situations - partly due to nicotine addiction
- Majority of all e-cigarettes contain **nicotine**, one of the most addictive substances and can harm brain development which continues until 25-30 years old.
- People who vape can quickly become **addicted** to nicotine and have an increased risk of smoking cigarettes or using other addictive substances.
- Nicotine affects the **cardiovascular** system by increasing the heart rate and blood pressure and increases the risk of heart attack & stroke
- Ear, eye and throat irritation is common
- **Oral health** - dry mouth, cavities, gum disease are caused by the chemicals left behind in the mouth
- Unintended **injuries** from defective batteries cause fires and explosions
- Vaping weakens the cardiovascular, respiratory and immune systems therefore one is at greater risk for chronic bronchitis, as well as bacterial and viral infections
- We DO NOT know the long-term health effects yet...

What You Should Look For:



Vaping Hoodie



Vape Pen



Vape Watch



Vape Devices Charging



Vape Backpack

Intervention Program:

As a result of the vaping epidemic among teens, the WNY Youth Anti-Vaping Coalition and Kids Escaping Drugs have developed an intervention program to address this health crisis. Referrals to the program can be made by schools when they identify a student who is vaping, or by parents/guardians who are concerned for their child.

Interested in learning more? Call 716-827-9462 to attend a
WNY Youth Anti-Vaping Intervention Program

More resources and information available at www.wnycdc.com/vaping