

Types of E-cigarettes

E-cigarettes come in a variety of shapes and sizes, and smaller e-cigarette devices can look like pens or flash drives.



SMALL
disposable
and JUUL size

MEDIUM
medium sized
tanks

LARGE
large sized
tanks & mods

E-cigarette Terms & Slang^{3,7}

e-cigs	JUULs	mods
vapes	hookah pens	tank systems
vape pens	e-hookahs	

¹ Gentzke AS, Creamer M, Cullen KA, et al. Vital Signs: Tobacco Product Use Among Middle and High School Students - United States, 2011-2018. *MMWR Morb Mortal Wkly Rep*. 2019;68(6):157-164. Published 2019 Feb 15. doi:10.15585/mmwr.mm6806e1

² U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General—Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

³ About Electronic Cigarettes (E-cigarettes). Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html. Published 2019. Accessed May 15, 2019.

⁴ E-cigarettes.surgeongeneral.gov. https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_ECig_FAQ_508.pdf. Published 2019. Accessed May 15, 2019.

⁵ National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Board on Population Health and Public Health Practice; Committee on the Review of the Health Effects of Electronic Nicotine Delivery Systems; Eaton DL, Kwan LY, Stratton K, editors. *Public Health Consequences of E-Cigarettes*. Washington (DC): National Academies Press (US); 2018 Jan 23.

⁶ Campaign for Tobacco Free Kids. JUUL and Youth: Rising E-Cigarette Popularity. Washington, DC: Campaign for Tobacco Free Kids; 2018. <https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>

⁷ E-Cigarettes & Vaping: Risks, Signs and What Parents Should Know. Where Families Find Answers on Substance Use | Partnership for Drug-Free Kids. <https://drugfree.org/drug/e-cigarettes-vaping>. Published 2019. Accessed June 7, 2019.

First Aid for E-cigarette Exposures

Did someone collapse, have a seizure, or stop breathing?

- Call 911.

Did someone taste or swallow e-liquid?

- Wipe out the mouth.
- Give a few sips of water.
- Call 1-800-222-1222.

Did someone get e-liquid in the eyes?

- Rinse eyes with lukewarm running water for 15-20 minutes.
- Call 1-800-222-1222.

Did someone get e-liquid on the skin?

- Rinse with cool water and soap.
- Call 1-800-222-1222.

Did someone vape too much or vape something other than the intended substance?

- Call 1-800-222-1222.

What Parents Need To Know About E-cigarettes

**POISON
Help**
1-800-222-1222
NC POISON CONTROL

Call or chat with NC Poison Control
24 hours a day, 7 days a week.
Nurses, pharmacists, and doctors are ready to help.

Fast. Free. Confidential.

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E-cigarette use is rising among youth.¹ Teens and young adults are the most common users of e-cigarettes.² However, parents with young children should also know that poisoning can happen when children come in contact with e-cigarette products.

North Carolina Poison Control handled well over 200 exposures to e-cigarette products in 2017 and 2018, and **about 60% of these cases involved children under the age of 6.**

This brochure can help:

- explain how young children and teens can be harmed by e-cigarette products.
- review ways to prevent e-cigarette poisoning.
- identify what to do if a young child or teen comes in contact with an e-cigarette product.

What are e-cigarettes?

E-cigarettes are battery-operated devices that produce an aerosol people inhale.³ This aerosol looks like vapor—that's why many people refer to the use of e-cigarettes as vaping.



Aerosol forms when the e-liquid inside an e-cigarette is heated. **The e-liquid usually contains nicotine.**³

What Parents of **YOUNG CHILDREN** Need to Know about E-cigarettes

Young children can be at risk for e-cigarette poisoning when e-cigarette products, especially the e-liquid, are within their reach. Children can find e-cigarettes in easy-to-reach places like on countertops, tables, nightstands, and in purses.

Nicotine is a poison. Small doses of the e-liquid can be very dangerous—even deadly—for children, depending on the amount of nicotine in the product.

Poisoning can happen if a child swallows, breathes in, or gets an e-cigarette product on the skin or in the eyes.

Here's what you can do to prevent e-cigarette poisoning:

- Store all e-cigarette products (e-liquid and the device) in a place young children can't see or reach.
- Understand that the e-liquid can have a very large amount of nicotine in a very small amount of fluid.
- Tell children e-cigarettes are not meant for them. Bright colors and pleasant smells can attract children. Young children also like to mimic adult behavior.
- Ask guests if they have e-cigarette products, and store them up high and away during visits.

If a child comes in contact with an e-cigarette product, call or chat with North Carolina Poison Control right away.

1-800-222-1222 • www.NCPoisonControl.org

What Parents of **TEENS** Need to Know about E-cigarettes

A national survey shows that 20% of high school students have used e-cigarettes in the past 30 days.¹ Sometimes teens use marijuana or other drugs in an e-cigarette device.

Teens can be poisoned when they use or overuse e-cigarettes, swallow the liquid nicotine, or get it on their skin or in their eyes.

Here's what you can do to prevent e-cigarette poisoning:

- Ask the teens in your life what they know about e-cigarettes and if they have ever vaped.
- Consider using the questions in the section below as conversation starters.
- Discourage your teen from using any type of tobacco or e-cigarette product.

Did you know...

- most e-liquid in e-cigarettes has nicotine, which harms a developing brain and causes addiction?²
- e-cigarette use can lead to the use of traditional cigarettes?⁵
- one JUUL pod has about as much nicotine as a pack of cigarettes?⁶

If a teen has trouble breathing, seizures, or has collapsed after using an e-cigarette product, call 911.

If a teen develops any other symptoms from using an e-cigarette product, call or chat with North Carolina Poison Control.

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