

THINK BEFORE YOU VAPE

TOXIC SYMPTOMS AND PREVENTION TIPS

According to the 2011-2019 National Youth Tobacco Survey, there has been a significant and highly concerning increase in electronic cigarette (e-cigarette) use among middle and high school students. The use of e-cigarettes and liquid nicotine is accountable for the majority of nicotine poisoning cases reported to Poison Control centers. In fact, Tennessee Poison Center and 54 other Poison Control centers across the United States have noticed an increase in calls to the Poison Help hotline regarding adverse reactions after exposure to these products.

WHAT YOU NEED TO KNOW

An adolescent brain is still developing; therefore, the use of nicotine during these crucial years is highly concerning. Nicotine is a highly addictive and toxic drug and is considered a gateway to marijuana and other illicit drugs.

- **All** JUUL Lab products contain nicotine; yet it is the most popular and preferred tobacco product used by youth.
- 40 percent of youth were **unaware** that their e-cigarette contained nicotine.
- Electronic liquids (e-liquids) that contain nicotine are sold in **enticing** fruit flavors like cream brulee, cotton candy and strawberry banana.
- Concentrations of liquid nicotine are in **higher** amounts than traditional combustible cigarettes; therefore, even a taste can lead to nicotine poisoning or death.
- Children age five years and under are **accidentally** ingesting e-liquids that are left unattended, ultimately leading to a poison emergency.
- E-cigarettes that do not contain nicotine may also lead to **long-term** health effects of the user.

FACTS

In 2019, e-cigarettes were the most common and preferred tobacco product used by youth in the U.S.

One JUUL pod is equivalent to smoking 20 cigarettes.

1 in 9 middle school students currently use e-cigarettes.

1 in 4 high school students currently use e-cigarettes.

Youth do not associate use of these devices to smoking cigarettes or using nicotine.

If you suspect someone has been exposed, call the Poison Help hotline first: 1-800-222-1222.

If the person is unresponsive or having trouble breathing, call 911 immediately.

www.tnpoisoncenter.org



PREVENT A POISONING

Follow this advice to prevent a poisoning from e-cigarettes and liquid nicotine:

- Always store e-cigarettes and liquid nicotine up, away, and out of sight of children—preferably in a locked cabinet. They can look or smell like candy or fruit and children may be tempted to touch or taste them.
- Wash your hands with soap and water after handling e-cigarettes or liquid nicotine and clean up any spills immediately. Touching the eyes, skin or mouth can lead to a poison emergency.
- Keep e-liquids and liquid nicotine labeled and in its original container. Mistaking these products for food or drink can lead to serious reactions.
- Talk to your youth about the health effects of using e-cigarettes or “vape” products. Tobacco use of any kind is harmful to youth development.
- Save the Poison Help hotline number in your cell phone or text POISON to 797979. Poison Control centers are available 24/7/365. All calls are fast, free and confidential.

VAPE E-CIG MOD JUUL E-HOOKAH TANK SYSTEM

SYMPTOMS AFTER EXPOSURE



The U.S. Food and Drug Administration has not approved e-cigarettes as a safe alternative to traditional combustible cigarettes. Liquid nicotine can be absorbed through the skin and cause reactions 15-30 minutes after ingesting or inhaling. These symptoms can happen to anyone of any age, but the risk is greatest in children due to their size. Common symptoms to watch for include:


Stomach pain Nausea Vomiting Dizziness Sweating
Throat irritation Lung irritation Seizures Death, in severe exposures

TRUE STORY:

A 15-month-old boy was found sucking on an electronic cigarette device. The mother indicates it was left on a table and the toddler had ingested some of the liquid nicotine as it was improperly loaded. The toddler developed symptoms of nausea, anxiety, tachycardia (rapid heartbeat), and chest palpitations. The toddler was treated and recovered from the poison exposure.



**POISON
Help**
1-800-222-1222
Tennessee Poison Center



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