



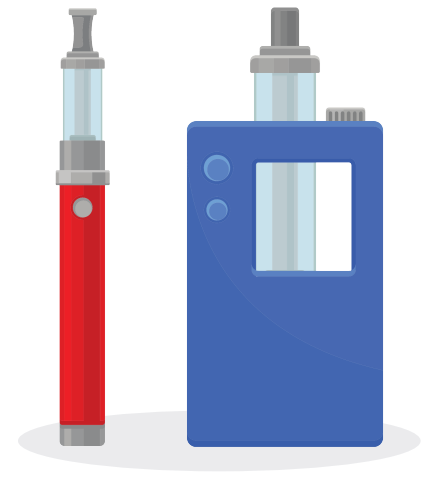
HEALTH ALERT:

# E-Cigarettes & Your Kids

**CATCH**<sup>®</sup>  
MY BREATH

## What Is An E-Cigarette?

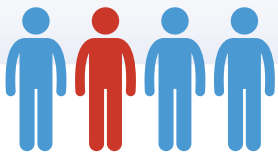
E-cigarettes or “vapes” heat nicotine liquid (aka e-liquid, e-juice, or pods), which is inhaled along with chemicals like propylene glycol, formaldehyde, heavy metals, VOCs, and other toxins including 15,000+ flavors that are not meant for the lungs.



## What Are The Health Risks?

- Cough, wheezing, chest pain, worsening asthma and potential irreversible lung damage
- Damages the immune system, reproductive system, and cardiovascular system
- Oral health problems like gum disease and tooth loss

## DID YOU KNOW?



**1 in 4** middle & high school students have used a tobacco product, with e-cigarettes being the most popular.



Nicotine is **VERY addictive**. Children are more likely to become addicted to nicotine at lower levels than adults. More than half of current users want to quit.



E-cigarettes release **nicotine**, carbon monoxide, and **other pollutants** into the air and onto surfaces like the floor. Kids who are exposed have detectable nicotine in their blood and urine.

## Nicotine Poisoning: Keep Your Child Safe

Nicotine from e-liquids can be absorbed through the skin and mouth, poisoning children and pets. To date, there have been over 38,500 calls to poison control due to e-cigarettes, or about 10 poisonings a day for the last 10 years.

### Don't Use E-Cigarettes Around Kids



1 in 3 kids are exposed to harmful second-hand e-cigarette aerosols.

### Keep E-Cigarettes Out of Reach



Keep e-cigarettes and e-liquids locked away and out of reach from both kids and pets.



Call 911 if you suspect poisoning.

**Poisoning Signs:** vomiting, abdominal pain, sweating, rapid heart rate, rapid breathing, and seizures.

## Talk About E-Cigarettes Together!

1

### Ask What They Know

Start the conversation by asking your child what they have already heard about e-cigarettes.

2

### Share The Key Facts

Let them know that most kids choose not to use e-cigarettes and tell them about the toxic ingredients, how addictive nicotine is, and how it harms the body.

3

### Make Your Expectations Clear

Tell them you trust them and expect them to not use e-cigarettes. Discuss consequences for if they do use.

4

### Practice Refusal Skills

Help them find their "why" by discussing how e-cigarettes would impact their goals and practice what they will say if they are offered one.

