

Electronic Cigarettes

**NICOTINE
is addictive!**

Fast Facts

Types of electronic nicotine delivery systems (ENDS)

- E-cigarettes
- E-cigars
- Vaporizers
- Vape pens
- Hookah pens

Components:

1. A cartridge which holds a liquid solution containing varying amounts of nicotine, flavoring and chemicals ('e-juice')
2. A heating element (vaporizer)
3. A power source (battery)

Electronic cigarettes are not an FDA approved quit aid!

Not just a Harmless Water Vapor

- E-Cigarettes may contain liquid nicotine which is highly addictive
- Other ingredients include flavorings, propylene glycol and glycerin
- If spilled on skin, e-juice may be absorbed and cause a poisoning
- Flavors are appealing to children and refill bottles present potential for a deadly exposure to a child or pet
- Long term health effects are unknown

New Regulations

- Must be 18 years or older to purchase; must show identification
- Warning label required on all new products stating it contains nicotine, an addictive chemical
- FDA now regulates manufacturing, packaging, labeling, sales and marketing

Safety Tips

- Keep liquid nicotine and e-cigarettes up and away from children and pets
- Store liquid nicotine in child resistant containers
- Protect your skin when handling liquid nicotine

Mild Poisoning

- Nausea with or without vomiting
- Dizziness
- Headache
- Tremor
- Sweating
- Pale skin
- Hyperactivity
- Anxiety
- Increased heart rate
- Increased blood pressure
- Irritability

Program the poison center number into your phone and call *immediately* if e-juice is ingested or gets into eyes or on skin

Severe Poisoning

- Irregular heart beat
- Seizures
- Chest pain
- Slow heart rate
- Low blood pressure
- Loss of consciousness
- Paralysis
- Trouble breathing
- Confusion
- Weakness



www.nnepc.org



Northern New England

Poison Center

1-800-222-1222

Text **POISON** to 85511