



Berks County, PA VAPING TOOLKIT

*Resources for schools, parents, educators,
and health care providers*



**Adopted from the Montgomery County Office of Drug
and Alcohol Vaping Toolkit.**

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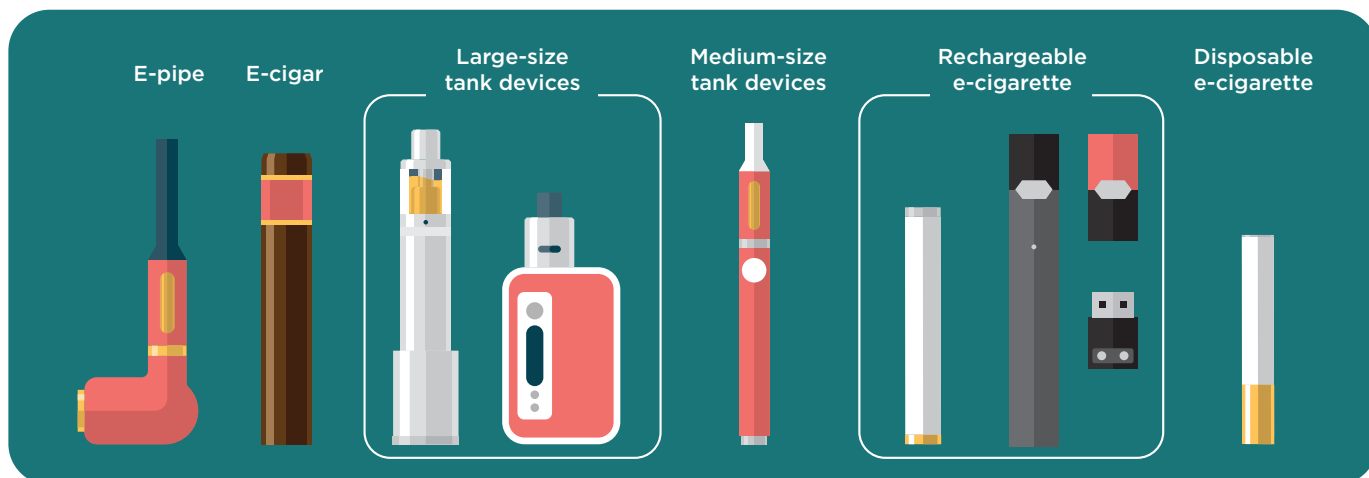
What Are E-Cigarettes?

ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

- » E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- » E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- » While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- » If you've never smoked or used other tobacco products or e-cigarettes, don't start.

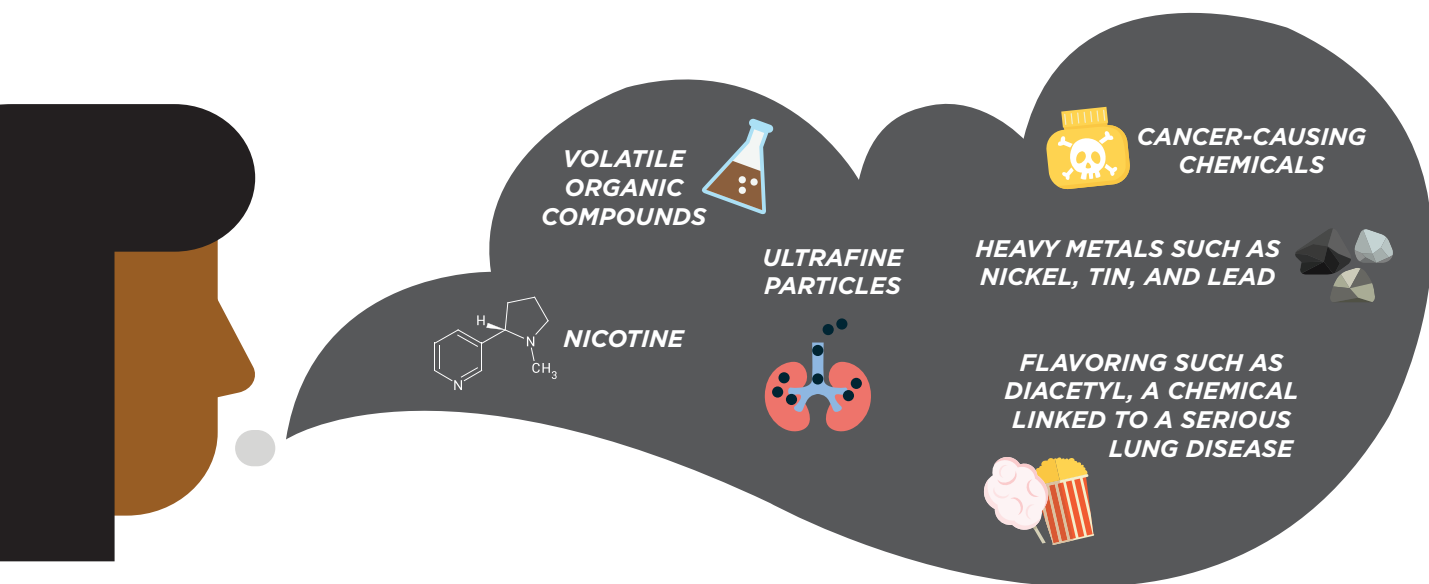
WHAT ARE E-CIGARETTES?

- » E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems.”
- » Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- » E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- » E-cigarettes can be used to deliver marijuana and other drugs.



WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



VS



YES, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

WHAT ARE THE HEALTH EFFECTS OF USING E-CIGARETTES?

SCIENTISTS ARE STILL LEARNING ABOUT THE LONG-TERM HEALTH EFFECTS OF E-CIGARETTES. HERE IS WHAT WE KNOW NOW.

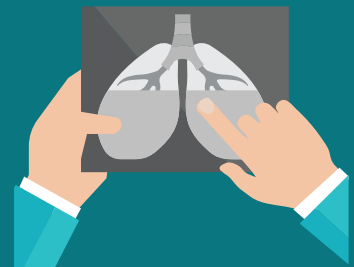
1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



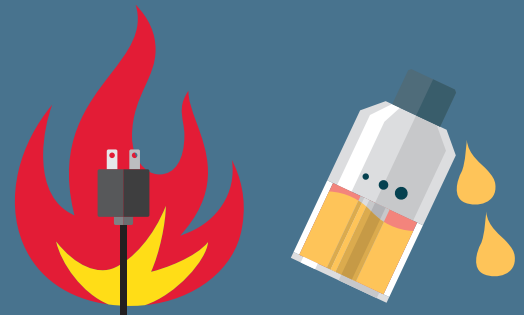
2 Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- » This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.

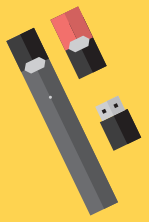


3 E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.



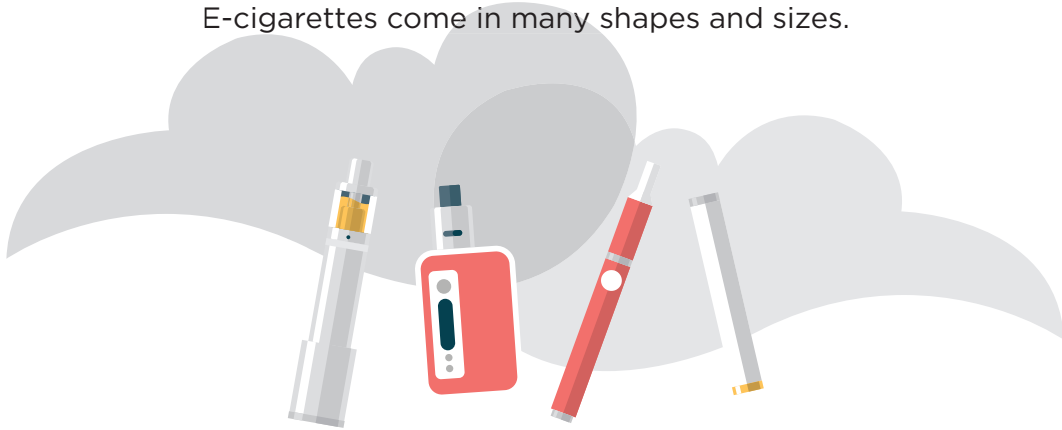
What is Juuling?



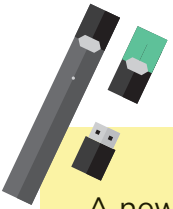
E-CIGARETTES SHAPED LIKE USB FLASH DRIVES: INFORMATION FOR PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS



Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



WHAT'S THE BOTTOM LINE?



A new e-cigarette shaped like a **USB** flash drive is being used by students in schools.



The use of any tobacco product — including e-cigarettes—is **unsafe** for young people.



Nicotine is highly addictive and can **harm brain development**, which continues until about age 25.



Parents, educators, & health care providers can help prevent and reduce the use of all tobacco products, including e-cigarettes, by young people.

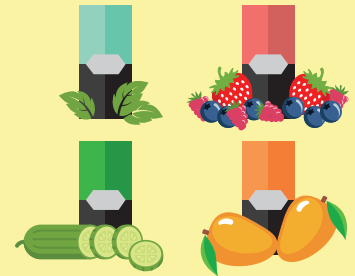
>> **Learn HOW** in this fact sheet.

AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.



Use of JUUL is sometimes called “JUULing.”

JUUL’s nicotine liquid refills are called “pods.” JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.



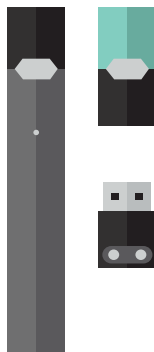
All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



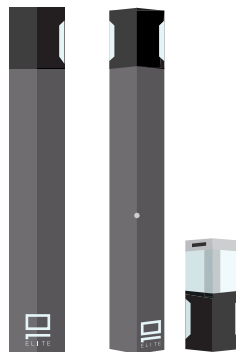
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

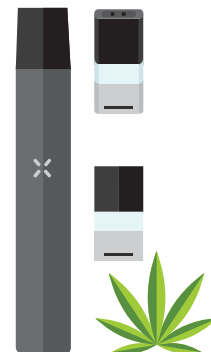
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



MarkTen Elite



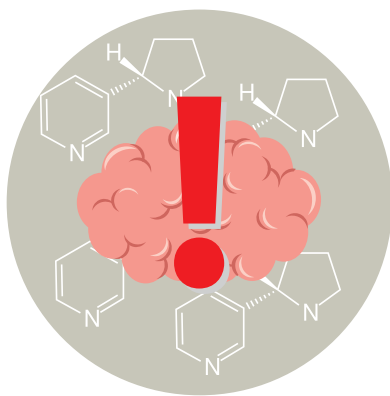
PAX Era

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarettes are unregulated tobacco products and almost all contain nicotine. Youth sometimes think they are inhaling water vapor only, which is not the case. Products appeal to youth by marketing sweet flavors like **mango**, **fruit medley**, and **cool mint**.



Most e-cigarettes contain **nicotine**, which is highly addictive and can **harm brain development**, which continues until about **age 25**.



YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.



Local Data & State and Federal Regulations

BERKS COUNTY PAYS DATA

The Council on Chemical Abuse works with community stakeholders to identify issues in order to create effective initiatives that attempt to decrease unhealthy behaviors and improve the overall health of the community. Because adolescents represent the next generation, it is important to understand how drug and alcohol use may or may not be affecting them. One tool that has been especially helpful in understanding the knowledge and behaviors relating to drug and alcohol use among youth is the [Pennsylvania Youth Survey \(PAYS\)](#).

The PAYS survey is conducted every other year, and it is distributed to students in the 6th, 8th, 10th, and 12th grades to assess their knowledge, attitudes, and behaviors towards alcohol, tobacco, and other drugs. Not only does PAYS gather data on the prevalence of certain behaviors, it asks questions that help guide understanding as to *why* these behaviors occur. It also provides statewide data so comparisons can be made from the local level to the county level to the state. In 2017, 7,813 students in Berks County took the PAYS survey. The survey is anonymous, voluntary and confidential.

	County 2013	County 2015	County 2017
Cigarettes			
Lifetime use for all grade levels	16.9%	15.3%	11.4%
30-day use for all grades	7.1%	5.0%	3.4%
Vaping/E-cigarette			
30-day use	N/A	16.6%	14.6%
<i>Substances used by students indicating electronic vaping product use in the past year</i>			
Nicotine	N/A	15.2%	17.9%
Marijuana or hash oil	N/A	8.9%	11.5%

FEDERAL AND STATE REGULATIONS

In August of 2016, the [Food and Drug Administration](#) (FDA) established a new ruling over e-cigarettes and their liquid solutions. Because these products contain nicotine, they are now subject to the same government regulation as tobacco products. The new provision prohibits the sale of e-cigarettes to anyone under the age of 18 and requires photo identification from adult purchasers under the age of 26. Additionally, it requires producers to register with the FDA and provide a detailed account of their product ingredients as well as the manufacturing process. Likewise, producers must apply to the FDA for permission to sell their products. Before this ruling, there was no federal law prohibiting the sale of e-cigarettes to minors.

Act 112 of 2002

[Act 112 of 2002](#), an Act amending Titles 18 and 53 of the Pennsylvania Consolidated Statutes, prohibiting the sale of tobacco to minors. In 2002, Pennsylvania's Act 112 amended Section 6305 of the Crimes Code and created new fines for clerks and owners of tobacco retail stores.

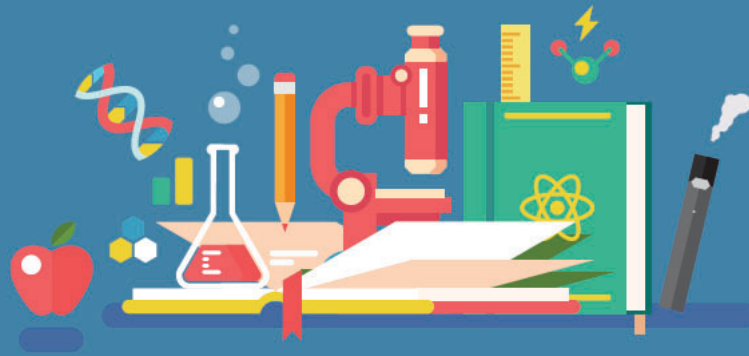
The Act:

- Prohibits sales of tobacco products to a minor (individual under 18 years of age).
- Prohibits the furnishing of a tobacco product to a minor (selling tobacco to a minor).
- Prohibits vending machines to be in any place where a minor can gain access without the supervision of a parent or guardian.
- Restricts displaying or offering for sale a cigarette out of a pack.
- Restricts access to tobacco products by non-employees.

The goal of this Act is to decrease access to tobacco products for youth and ultimately end illegal tobacco sales to and use by minors in Pennsylvania. In response to this Act, the Pennsylvania Department of Health conducts compliance checks at tobacco retailers across the state to make sure tobacco products are not sold to minors.

To report a youth tobacco sales violation, [click here](#).

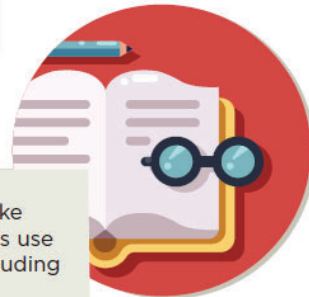
Teacher and Parent Tip Sheet



TEACHERS AND PARENTS: That USB Stick Might Be an *E-cigarette*



E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.



Some e-cigarettes don't look like tobacco products, so some kids use them unnoticed in schools, including in classrooms and bathrooms.



An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.



**TOBACCO PRODUCT
USE IN ANY FORM,
INCLUDING
E-CIGARETTES, IS
UNSAFE FOR YOUTH.**

How To Talk To Your Teen

Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

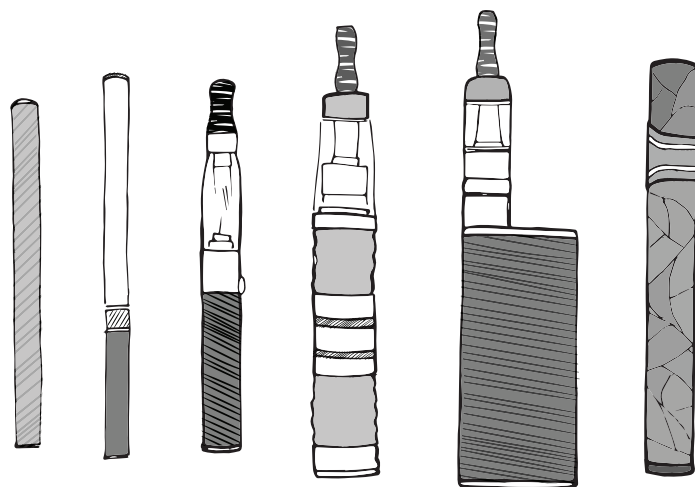
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call **1-800-QUIT-NOW**.



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine — just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Share this page

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people: **E-cigarettes.SurgeonGeneral.gov**
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease
Control and Prevention
Office on Smoking
and Health



Parent, Educator, and Healthcare Provider Tools for Success

PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS CAN HELP PREVENT AND REDUCE THE USE OF E-CIGARETTES BY YOUNG PEOPLE.



PARENTS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- » Set a positive example by being tobacco-free.



EDUCATORS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Develop, implement, and enforce tobacco-free school policies.
- » Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.



PEDIATRIC HEALTH CARE PROVIDERS CAN:

- » Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- » Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

*PARENTS,
EDUCATORS, AND
HEALTH CARE
PROVIDERS
CAN HELP*



SAMPLE SOCIAL MEDIA POSTS

Social media is a powerful communication tool. Use these posts for both Facebook and Twitter to help educate your followers about the use of e-cigarettes.

- E-cigarettes are known by many different names. They're sometimes called "e-hookahs," "mods," "vapes," or "tank systems." Learn the lingo and more at www.cdc.gov/tobacco. #ECigs #VapeAwareness
- E-cigarettes can be used to deliver marijuana and other drugs. Young people who use e-cigarettes may be more likely to smoke cigarettes in the future. Download our toolkit. #PreventionFirst #NoNicotine #ECigs #COCABerks
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some also resemble pens, USB sticks, and other everyday items. Find out more at www.cdc.gov/tobacco. #Juul #ECigs #Vapes
- Most e-cigarettes contain nicotine. Nicotine can harm adolescent brain development, which continues into the early to mid-20s. Learn how to prevent the use of e-cigarettes and download our toolkit: www.cocaberks.org/vapingtoolkit.html #COCABerks #PreventionFirst #ECigs #NoNicotine
- E-cigarettes vs. JUUL? #JUUL is a brand of e-cigarette shaped like a USB flash drive. Like other #ECigs, it's a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled. #PreventionFirst #NoJuulsInSchools #COCABerks Read more in our toolkit: www.cocaberks.org/vapingtoolkit.html
- Set a good example by being tobacco-free. If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW. #SmokeFree #QuitSmoking #NoNicotine
- Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late. Download our toolkit for tips: www.cocaberks.org/vapingtoolkit.html #ChildSafety #PreventionFirst #VapeAwareness #SmokeFree #COCABerks
- If your child currently uses e-cigarettes, encourage him/her to learn the facts and get tips for quitting tobacco products at Teen.smokefree.gov. #VapeEducation #SmokeFree #QuitSmoking

Find more content for social media check out "Catch My Breath" on Pinterest:
<https://www.pinterest.com/CatchHealth/catch-my-breath/>

CONNECT WITH #COCABERKS:



School Tips and Resources

SCHOOL POLICY

The information below is a suggestion on how to strengthen your school's ATOD policy around tobacco by officially prohibiting the possession, use and sales of vape products on school property.

Because we recognize the hazards caused by exposure to environmental tobacco smoke and vape, as well as the life-threatening diseases linked to the use of all forms of nicotine addiction, it shall be the policy of [SCHOOL DISTRICT], effective [DATE], to provide a nicotine-free environment for all students, staff, and visitors. This policy includes the smoking or vaping of any tobacco/nicotine products and the use of oral tobacco/nicotine products, and it applies to students, employees, and non-employee visitors of [SCHOOL DISTRICT].

DEFINITION

- For the purposes of this policy, tobacco shall be defined as any product containing nicotine; lighted or unlighted smoking products, vaping products or oral products.
- Tobacco shall be defined as use AND/OR possession of any smoking, vaping or oral nicotine product, included, but not limited to cigarettes, cigars, vape pens, JUUL, hookah pens, pipes, chew, spit, etc.

PUPILS

- Incidents of possession, use AND/OR sale of tobacco in violation of this policy by any students on any school property or associated property will result in [INSERT DISCIPLINARY ACTION BASED ON 1ST, 2ND AND 3RD OFFENSE].
- Tobacco Treatment Programs will be offered to violators.

EMPLOYEES

- There shall be no tobacco permitted on the property or in the vehicles of [SCHOOL DISTRICT]. This policy applies to the employees and any other persons utilizing [SCHOOL DISTRICT], property, vehicles, or equipment.

COMMUNITY/VISITORS/VOLUNTEERS

- [SCHOOL DISTRICT] prohibits tobacco use by any persons in its school buildings and on any property, buses, vans, and vehicles that are owned, leased or controlled by the school districts, including field trips, sporting events, etc.

HOW TO CREATE A SUPPORTIVE SCHOOL ENVIRONMENT

Great American Smokeout

The Great American Smokeout is a national quit day. Provide onsite cessation resources, and/or engage your students in supporting family members that would like to quit.

Kick Butts Day

Kick Butts Day empowers youth to stand up to Big Tobacco.

World No Tobacco Day

World No Tobacco Day is a day of policy reform, focusing on the link between tobacco use and the increased risk for diseases like heart attack and stroke. Join in by taking a field trip to Harrisburg to meet with legislators, or have students spread the word through designing a social media campaign.

Young Lungs at Play (YLAP)

YLAP invites municipalities, school districts, youth sports organizations and other groups to join eliminate children's exposure to secondhand smoke. Adopting 100% tobacco free laws, ordinances, policies or resolutions in public areas where children play helps to accomplish this. This initiative will protect the environment and protect the health of all.

Contact COCA for FREE Parent and Student Presentations for your school or organization:

Council on Chemical Abuse

Jaclyn Steed
Prevention Program Manager
JSteed@cocaberks.org
(610) 376-8669
Ext. 107

Additional Resources:

<https://www.cdc.gov/tobacco/>

<https://www.tobaccofreekids.org/>

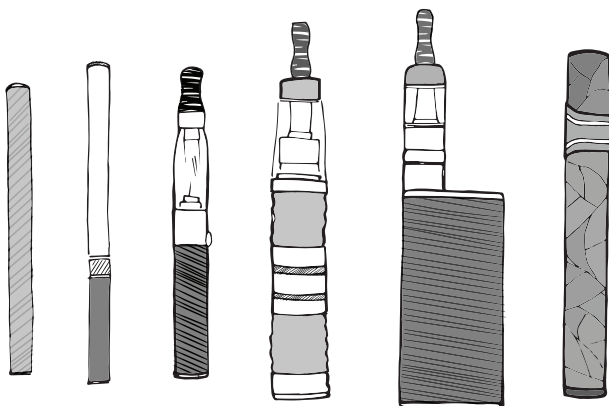
<https://www.health.pa.gov/topics/programs/tobacco/Pages/Quitline.aspx>

To anonymously report an illegal sale of a tobacco product to a minor (under age 18), call 1-888-99-SMOKE or report online: <http://www.sepatobaccofree.org/report>

Healthcare Provider Tips



Teenagers are more likely to get information on health issues from their parents and their *health care providers* than from peers, the internet, or social media. Findings from a 2015 Northwestern University study confirm that the internet is a supplement—not a replacement—for parents, teachers, and doctors as sources of credible health information.



What Are E-cigarettes?

E-cigarettes are known by a variety of names, including vape pens, e-hookahs, mods, tank systems, and e-cigs. E-cigarettes are electronic devices that use a battery to aerosolize a liquid, usually containing nicotine, flavoring, and other additives, which is inhaled by the user through a mouthpiece. They can also be used to deliver marijuana and other substances. E-cigarette use among young people has increased over the last five years, and the use of these devices is now more common than the use of regular cigarettes among middle and high school students.

Many of your patients and their parents are unaware that nicotine is a common ingredient in e-cigarettes. Nicotine in any form, including from e-cigarettes, is unsafe for youth. Nicotine is highly addictive and can harm the developing adolescent brain.

What Are the Risks of E-cigarettes for Young People?

- The brain continues to develop through the early to mid-twenties. Because the adolescent brain is still developing, nicotine use during this critical period can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.
- Young people are uniquely at risk for long-term effects of exposing their developing brains to nicotine, including mood disorders and permanent lowering of impulse control.
- Nicotine activates the limbic system more strongly in the adolescent brain than in the adult brain, making addiction a greater risk for youth who use nicotine.
- E-cigarette use is strongly associated with other tobacco product use, including regular cigarettes.
- Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:
 - » **ultrafine particles** that can be inhaled deep into the lungs
 - » flavorants such as **diacetyl**, a chemical linked to bronchiolitis obliterans (“popcorn lung,” so identified because of the incidence of the disease in workers at plants that used flavorants containing diacetyl in microwave popcorn)
 - » **volatile organic compounds**
 - » **heavy metals**, including nickel, tin, chromium, and lead.
- The aerosol from e-cigarettes is not harmless, either for users or for others who are exposed to secondhand aerosol. It can contain harmful and potentially harmful ingredients, including nicotine.

Information for Educating Young Patients

As a health care provider, you have unique opportunities to reach youth and their parents with credible, correct information about e-cigarettes. The following are comments you might hear when you have a conversation with your patients about e-cigarettes, and potential responses.

Patient: My friends use e-cigarettes that don't have any nicotine in them.

Nicotine is very common in e-cigarettes, and e-cigarettes may not be labeled to accurately show their ingredients. Nicotine is very addictive and can harm your brain.

Patient: I thought e-cigarettes were used to help people quit smoking.

The evidence isn't clear on whether e-cigarettes help people quit smoking regular cigarettes, but we already know that e-cigarette use is a health risk for young people. For example, nicotine can harm brain development, and your brain continues developing until around age 25.



Patient: I've heard e-cigarettes are less harmful than regular cigarettes.

E-cigarettes don't contain as many dangerous chemicals as regular cigarettes, but that doesn't mean they are safe for young people to use.

- E-cigarettes can contain harmful and potentially harmful ingredients, including nicotine.
- Some of the other chemicals in e-liquids and in the aerosol from e-cigarettes are known to cause cancer in humans.
- Heavy metals such as lead and cadmium that have been found in e-cigarette aerosol can cause respiratory distress and disease.
- Some of the chemicals that flavor e-cigarettes are harmful when they are inhaled, even though they've been approved for ingestion. One of them, diacetyl, is used to produce a buttery flavor but has been linked to a serious and permanent lung disease called "popcorn lung."



Patient: There's no smoke from e-cigarettes—just harmless water vapor.

The aerosol that's created when an e-cigarette heats up the e-liquid is not just water vapor, and is not harmless either for users or for others who are exposed to it secondhand. Besides nicotine, which is harmful to young people's health on its own, heavy metals that can cause respiratory distress and disease have been found in e-cigarette aerosol. Chemicals that are known to cause cancer and that have been linked to lung disease can also be present in e-cigarette aerosol.



Patient: I've heard there are other risks from e-cigarettes.

- Nicotine found in many e-cigarettes is unsafe for pregnant women and fetuses. It can complicate pregnancy and cause health issues for the baby. Nicotine is known as a cause of sudden infant death syndrome.
- The liquid for e-cigarettes can contain high enough levels of nicotine to cause nicotine poisoning if it's ingested or absorbed through the skin. It's especially dangerous for young children, who may be attracted to the liquid because of the flavors and bright colors.
- E-cigarette batteries have been known to explode and cause burns and other injuries.
- The heating element in e-cigarettes can cause burns.

Resources

The Surgeon General's Report on e-cigarette use among youth and young adults is a comprehensive review of existing research on this subject. The report website **E-cigarettes.SurgeonGeneral.gov** is a resource for both health care providers and for patients and their families.

The website contains plain-language information specifically designed to help parents and other adults educate young people on the risks of e-cigarette use. One plain-language resource available on the website is a **Parent Tip Sheet**.

The website also contains links to the full report, the Executive Summary, and other useful resources including videos and a fact sheet. The American Academy of Pediatrics has produced a fact sheet on the Surgeon General's Report that is available on their website at www2.aap.org/richmondcenter/pdfs/Understanding_the_2016_SGR_Fact_Sheet.pdf.



Centers for Disease
Control and Prevention
Office on Smoking
and Health



TOBACCO TREATMENT

E-Cigarettes and Quitting

E-cigarettes and vaping are often viewed as good alternatives to help quit smoking traditional cigarettes. However, studies so far have found conflicting results in regards to efficacy as a smoking cessation aid. Currently, vaping and e-cigarettes *do not* have FDA approval for this purpose. However, there are a variety of products on the market that have already been approved for smoking cessation including prescription and over-the-counter medications and psycho-behavioral interventions. You can also get free help quitting by calling 1-800-QUIT-NOW or by visiting

**Quit smoking with a
FREE class from COCA!**

Contact Teresa or visit our website to sign up
TDetweiler@cocaberks.org
(610) 376-8669 Ext. 136
www.cocaberks.org/betobaccofree.html

Other resources to help you quit:

SEPA

Project Connect: A nicotine cessation and reduction program that empowers adolescents to make positive choices. Contact Mallory Henry at MHenry@caron.org for more information.

PA Quit Line: Coaching available to 14 and older. Nicotine Replacement Therapy available to 18 and older.

You can also get free help quitting by calling 1-800-QUIT-NOW or by visiting
www.smokefree.gov.

HELPFUL WEBSITES FOR PARENTS, EDUCATORS, AND HEALTHCARE PROVIDERS

For Parents

The [Surgeon General's Report on e-cigarette use](#) among youth and young adults is a comprehensive review of existing research on the subject. The report website is a resource for both health care providers and their families.

The website contains plain-language information specifically designed to help parents and other adults educate young people on the risks of e-cigarette use. One plain-language resource available on the website is a **Parent Tip Sheet**.

E-cigarettes are not approved for smoking cessation. If you are the parent of a child who is having difficulty quitting smoking, visit the [Mayo Clinic](#) webpage, which discusses how you can best work together to assist you teen in quitting.

The American Lung Association provides a PDF on “E-cigarettes, “Vapes”, and JUULs What Parents Should Know.” Download the PDF here:

<https://www.lung.org/assets/documents/stop-smoking/e-cigarettes-parents.pdf>

For Teens

Young Adults (13-19 years old) in the United States who want to be smoke-free can sign-up to receive text alerts using [SmokefreeTXT](#) for Teens.

The American Lung Association provides a PDF on “E-cigarettes, “Vapes”, and JUULs What Teens Should Know.” Download the PDF here:

<https://www.lung.org/assets/documents/stop-smoking/e-cigarettes-teens.pdf>

For Educators

[Scholastic Inc.](#) offers a variety of worksheets and writing prompts that allow students to demonstrate their knowledge on e-cigarettes and engage in discuss about policies and scientific research surrounding their use.

Educators can access additional lesson plans to kick-start discussions about vaping with their students using these resources from the [Physician Advocacy Network](#).

For Health Care Providers

The [American Academy of Pediatrics](#) has created a web sheet for health care providers who are looking for additional information and resources that are applicable to their patients.

The American Lung Associate provides an additional list of resources on e-cigarettes in this downloadable PDF: <https://www.lung.org/assets/documents/stop-smoking/external-e-cigarette-resources.pdf>



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Phone (610) 376-8669 | www.cocaberks.org

**Adopted from the Montgomery County Office of Drug and
Alcohol Vaping Toolkit.**

www.montcopa.org/hhs