Ohio Partners for Smoke Free Families

The Facts on E-cigarettes

The risks of secondhand smoke and its effect on children are widely known. But many people think that e-cigarettes or "vaping" is a safer choice. More testing still needs to be done to find out more health risks of these products. What we do know is **e-cigarettes are dangerous**.

The risks of using e-cigarettes with kids at home

There are many concerns about e-cigarettes for not only the user but also those around them. Some of the other risks are:

- **Secondhand smoke:** There are more and more studies that show breathing smoke from e-cigarettes is not good for children's health. E-cigarette vapor can cause eye, throat and breathing problems for children that are around it for only a few minutes. E-cigarette vapor can cause asthma, colds and skin problems in children.
- **Accidental ingestion:** Vaping liquid **HAS** nicotine in it and it is **NOT** safe. A small amount of vaping liquid can kill a child. The vaping liquid can poison a person who spills it on their skin. In 2014, poison control centers said there were 4152 poisoning reports from e-cigarettes or refill liquids. More than 2000 of these people poisoned were children under age 5. Parents of children under 5 should be even more careful. If you have liquid nicotine in your home, it should be kept where young children cannot get to it.

Liquid Nicotine Poisoning Symptoms

- Vomiting
- Dizziness
- Hard time breathing
- Sweating
- Nervous feeling
- Unsteady on your feet
- A fast heartbeat
- Seizures
- Drooling

If you think your child was exposed to liquid nicotine that was spilled on the skin or swallowed, call the Poison Center hotline: 800-222-1222 right away..

Protect your child from e-cigarettes and secondhand smoke and vapor exposure

It is hard to protect your children from contact with all e-cigarettes. The first step is to have your house free of smoke and vapor. The best way to keep your children safe is for you and anyone who cares for them, to quit for good. Quitting is not easy but the benefits for your whole family is worth it. Here are some tools to help you get started:

- **A "quit plan":** Make a plan that gives you reasons for quitting. Include things that make you want to smoke and plans to deal with cravings. (Check out the National Cancer Institute's Smokefree.gov for more info.)
- **1-800-QUIT-NOW hotline:** You can get free counseling and help making a quit plan. It also has information on local quitting tools you can use.
- **The Smokefree Women website:** Helps moms find tools to quit using all nicotine items, even e-cigarettes.
- **Other support groups** like Nicotine Anonymous. Online support groups and local quit programs can help too.

Talk to your doctor about other ways to help you quit, like:

- **Nicotine replacement therapy** like gums, patches and "candies." Doctors can prescribe nasal sprays and inhalers. Ask your doctors about using these options, especially if you are pregnant.
- **Medication** from your doctor like Zyban or Chantix. Do not use if you are pregnant.

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