

Vaping and Health

January 24, 2018

Fairview High School

What are these devices?

- E-cigarettes are made of a battery that heats a coil that heats a liquid producing an aerosol, commonly called a vapor.
- The liquid used, sometimes called e-juice or e-liquid, contains a base, flavors, and often, nicotine. Some devices can be modified to vape a variety of substances in liquid and dry forms.

Many kinds of devices, many names.

- Potential names include: vapes, vaporizers, vape pens, hookah pens, electronic cigarettes, electronic smoking devices, electronic nicotine delivery systems, e-pipes, tanks, mods, and JUULS.
- Despite the many names, they all work similarly, and are most often intended to deliver nicotine.

They are not safe for youth.

- High school students who have used an e-cigarette are more likely to smoke cigarettes in the future.
- Exposure to nicotine can quickly lead to dependence and change brain chemistry.
- The aerosol (called vapor) is not just water vapor and may contain many of the same chemicals as cigarette smoke, including metals and nicotine.

You can help.

- Parents and adults are critical in youth's lives.
- Keep talking, they are listening. We can help, if you're not sure what to say.
- You're a role model. If you are keeping these devices in your home, store them safely away from children and charge them as indicated. Disposal services are available through Boulder County.

For more information, and local and state resources, visit:

BoulderCountyTobacco.org

TobaccosNasty.com/tin/vape-is-nasty

