E-Cigarettes and Electronic Nicotine Delivery Systems: What Parents Need to Know

E-cigarettes have become very popular. These devices, also called electronic nicotine delivery systems (ENDS), e-cigarettes, vape pens, personal vaping devices, e-hookah and e-cigars, are not a safe alternative to cigarette smoking. The American Academy of Pediatrics (AAP) supports actions to prevent children and youth from using or being exposed to the vapor from ENDS. This fact sheet offers facts and tips for parents to help address ENDS use and exposure.

Are They Safe?

- The solution in ENDS devices and vapor contains harmful chemicals, some of which can cause cancer
- The nicotine in ENDS is addictive and can harm brain development
- ENDS are not recommended as a way to quit smoking
- In some cases, ENDS devices have exploded, causing burns or fires
- Secondhand smoke/vapor from ENDS is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- ENDS can be used to smoke or "vape" marijuana, herbs, waxes, and oils
- The best way to protect your children is to never smoke or vape near them. Talk with your doctor about quitting all tobacco. Never smoke indoors, in your car, or in places that children spend time.

Dangers to Youth

- ENDS are the most commonly-used tobacco product among teens: almost 1 in 4 high school students reported current ENDS use in 2015.
- Youth who use ENDS are more likely to smoke traditional cigarettes in the future
- Children are exposed to ENDS advertising on TV, social media, and in magazines and billboards
- The e-liquid in ENDS tries to appeal to children with fruit, bubble-gum and chocolate flavors
- Although it is illegal for ENDS to be sold to youth under age 18, ENDS can be ordered online

Risk of Poisoning

- ENDS solutions can poison children and adults through swallowing or skin contact
- A child can be killed by very small amounts of nicotine: less than half a teaspoon.
- As of 2016, liquid nicotine is required to be sold in childproof packaging
- Symptoms of nicotine poisoning include sweating, dizziness, vomiting, and increased heart rate.
- Calls to poison control centers related to ENDS devices have skyrocketed in the last 5 years

Recommendations for ENDS Users *(Courtesy of the American Association of Poison Control Centers)*

- Protect your skin if handling ENDS products
- Always keep ENDS devices and liquid nicotine locked and out of the reach of children
- Follow the specific disposal instructions on the label
- If exposure to liquid nicotine occurs, call the local poison center at 1-800-222-1222

For more information about these devices, including statistics and citations, please visit
http://www2.aap.org/richmondcenter/ENDS.html

Visit the AAP Richmond Center online at: www.richmondcenter.org

American Academy of Pediatrics
Julius B. Richmond Center of Excellence

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