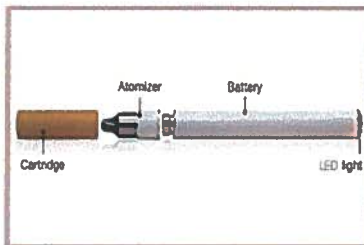


What is an E-Cigarette?

- A battery operated device designed to turn nicotine and other chemicals into vapor.
- The vapor comes from heating a liquid filled cartridge and is then inhaled.
- Cartridges can often be refilled, so nicotine fluid is sold in a variety of flavors and nicotine strengths.
- Using an e-cigarette is called “vaping.”



Why the concern?

To Parents:

- Most e-cigarettes contain nicotine and you can become addicted to them.
- If you are a smoker, e-cigarettes will not help you to quit.
- Nicotine is a poison, so filling e-cigarette cartridges can be harmful to you and your family.
- The Food and Drug Administration has not fully studied e-cigarettes so safety and manufacturing standards are not in place. You may not know what you are inhaling .
- There is no proof that e-vapor is safe to breathe.

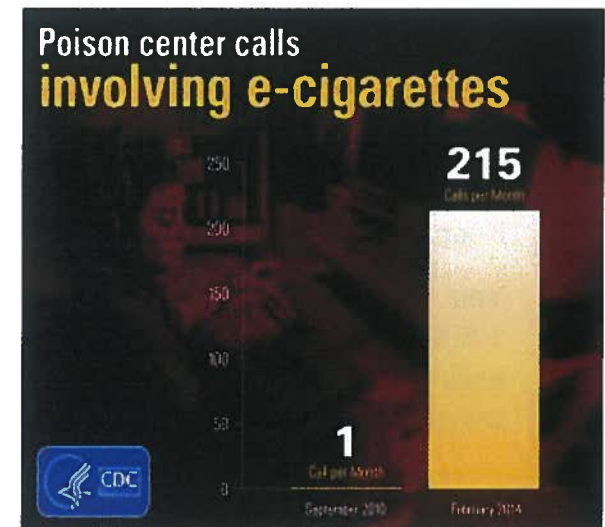


To Kids:

- E-liquids come in flavors and packaging that appeal to kids, like bubblegum, grape, and fruit punch.
- E-liquids come in containers that are not always childproof and don't have safety labels.
- Currently, there are not laws to prevent advertising or selling e-cigarettes to kids.
- Nicotine in e-cigarettes will lead to addiction.
- E-vapor can irritate children's lungs.

What is the danger?

- Nicotine fluid is toxic and can harm by: swallowing, inhaling, or absorbing through the skin or eyes.
- More than half (51.1%) of calls to poison control centers due to e-cigarettes involve young children under 5, and about 42% of the poison calls involve people age 20 and older.
- Symptoms of nicotine poisoning include: heart palpitations, sweats, irritability, seizures, and vomiting.
- A teaspoon of nicotine fluid can kill a child, while a tablespoon can kill an adults.



How to keep your family safe.

- Keep e-cigarette fluids locked up and out of kids' reach.
- If handling e-fluids, wear protective gloves.
- Throw away e-fluid bottles properly, by following directions on labels.
- Keep the Poison Control Hotline phone number handy: 1-800-222-1222.
- E-cigarette vapor can irritate lungs and contains toxins that have not been fully studied. Keep vapor away from kids!
- You can quit! Call 1-800-Quit-Now or check out online resources, including: www.besmokefree.gov.

YOUTHINK MONTCALM
Formerly Known as Drug Free Montcalm
A Community Substance Abuse
Prevention Coalition
989-831-4591



www.mmdhd.org

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E-Cigarettes—What Parents Need to Know

