

E-CIGARETTES

What are electronic cigarettes (e-cigarettes)?

- Battery powered devices that deliver e-juice containing nicotine, flavourings, and other additives by creating an aerosol that the user inhales
- Commonly referred to as e-cigs, vapes, e-hookahs, mods and vape pens
- E-cigarette products can also be used to deliver cannabis and other illicit drugs

How common are e-cigarettes?

- E-cigarette use (vaping) continues to increase among youth and young adults
- Currently in Niagara, more secondary school aged youth have used an e-cigarette in the past month (25%), compared to tobacco at 21% (OSDUHS, 2015)
- 60% of secondary school aged youth feel there is no, or a slight risk, with using e-cigarettes compared to tobacco at 30% (OSDUHS, 2015)
- E-cigarettes are marketed by promoting flavours that are attractive to youth

Are e-cigarettes safe?

- Long-term health effects are unknown, but studies suggest possible lung harm from breathing in tiny chemical particles (e.g. diacetyl, benzene and heavy metals)
 - Immediate health effects include light-headedness, throat irritation, dizziness, coughing and lung inflammation
 - Products with nicotine (including e-cigarettes) are unsafe for the developing youth brain making them more vulnerable to addiction
 - Nicotine use at a young age may make it harder to concentrate, learn, or control impulses
 - Research shows that youth who use e-cigarettes are more likely to use other tobacco products like cigarettes
 - E-juice cartridges containing nicotine are toxic if swallowed, which can result in death
- ## Are e-cigarettes legal?
- As of October 17, 2018: Sale and supply of e-cigarettes, e-juice and other components



(batteries, coils, etc.) to anyone under 19 is prohibited

- Vaping is prohibited in places where smoking is prohibited

Can e-cigarettes help you quit cigarettes?

- E-cigarettes are not a proven quit aid
- Those who use e-cigarettes should set a quit date with the aim to reduce and eventually stop
- Dual use of e-cigarettes and cigarettes is not recommended
- Those who do not smoke cigarettes should not use e-cigarettes

**For more information or for help to quit smoking, call the Tobacco Hotline:
905-688-8248 or 1-888-505-6074 ext. 7393**