

Questions and Answers about E-cigarettes for Parents



Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to the brain and health of your kids. **Children and young adults should not vape or use any tobacco products.**

What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called:

JUUL (a brand of e-cigarettes)	Hookah pens
E-cigs	Vape pens
ENDS (electronic nicotine delivery systems)	Vape mods
ANDS (alternative nicotine delivery systems)	Vaporizers
E-hookahs	Vapes
	Tank systems

E-cigarettes can look like:

Cigarettes	USB flash drives
Cigars	Other common objects, such as car keys
Pipes	
Pens	



Did you know?

Most e-cigarettes contain nicotine, the same addictive and poisonous chemical found in cigarettes and other tobacco products.

E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. **Kids, teens, and young adults should not use e-cigarettes or any tobacco product.**

What is vaping and JUULing?

“Vaping” means breathing in the aerosol or vapor of an e-cigarette. It’s important to know the aerosol coming out of an e-cigarette is **not** water vapor and is **not** harmless.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

How can e-cigarettes be harmful?

Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes don’t burn tobacco. However, they do contain nicotine, which comes from tobacco. More research is still needed to know the effects of smoking e-cigarettes over long periods of time. Here is what we do know:

- Most e-cigarettes contain nicotine that can harm the brain development of teenagers. All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine.
- Nicotine in e-cigarettes is derived from tobacco and is very addictive. **It could make your kids want to try other, more harmful tobacco products, like regular cigarettes.**
- E-cigarette flavorings and vapor might have other substances that can cause lung disease, heart disease, and cancer, as well as other diseases.
- E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.

For more information, answers, and support, visit the American Cancer Society website at cancer.org or call us at 1-800-227-2345.

Vaping and Respiratory Illness

What You Need to Know

E-cigarettes...what are they?

E-cigarettes are devices that deliver an aerosol to the user by heating a liquid that usually contains nicotine, flavorings, and other chemicals. E-cigarettes can be used to deliver marijuana or other substances.

E-cigarettes & Respiratory Illness

Reported Illnesses

Since the beginning of September 2019, over 500 cases of lung illness associated with e-cigarette product use have been reported to the CDC from the majority of U.S. states. The number of **deaths** related to the reported lung illnesses continues to climb.

Reported Symptoms

Affected individuals have reported the following symptoms:

- cough, shortness of breath or chest pain
- nausea, vomiting, or diarrhea
- fatigue, fever, or weight loss

Symptoms can develop within days or over several weeks.

If you do use e-cigarette products and experience symptoms like those listed above, seek medical attention as soon as possible

- The following people should not use e-cigarettes: youth and young adults, pregnant women, adults who do not currently use tobacco products.
- If you do use e-cigarette products, DO NOT buy these products off the street.
- DO NOT modify e-cigarette products or add substances to these products.
- If you are trying to quit smoking cigarettes, try: counseling, approved medications like the patch, gum, lozenge and prescription medications.
- Contact your doctor for information on quitting.
- Contact the Lake County Health Department for more information: 847.377.8090

References Include:

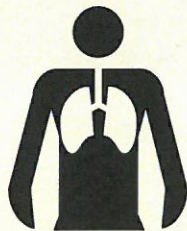
1. <https://e-cigarettes.surgeongeneral.gov/>
2. <https://www.fda.gov/tobacco-products/products-ingredients-components/vaporizers-e-cigarettes-and-other-electronic-nicotine-delivery-systems-ends>
3. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf

Vapes

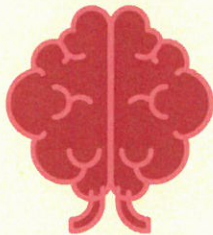
Small device, big risk.

MYTHS:

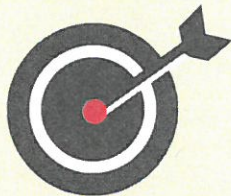
"It's just water and flavoring!"



"I won't become addicted!"



"Nicotine isn't bad for you."



FACTS:

Vaping devices get their flavors from chemicals. Diacetyl, a buttery flavor, has been linked to serious lung disease. Some flavoring may be safe to eat in food, but inhaling chemicals can harm your lungs.

Other chemicals in vapes include formaldehyde, lead, and benzene.

The majority of vapes contain nicotine, even those that advertise as nicotine free. Some popular vaping devices contain as much nicotine as 20 cigarettes. Young people are more susceptible to nicotine addiction because their brains are not fully developed.

Nicotine exposure during the teen years can disrupt normal brain development. It can have long lasting effects, like increased impulsivity and mood disorders.

Did You Know?



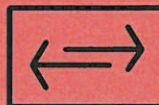
Teens who vape are more likely to use traditional cigarettes.



Secondhand vapor has been found to have some of the same chemicals as traditional secondhand smoke, and may be harmful to those exposed.



According the 2018 Illinois Youth Survey, Lake County youth use of vaping devices increased by 66% since 2016.



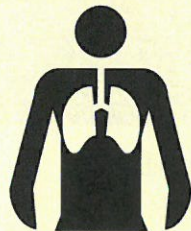
Vaping devices can also be used to ingest other substances, including marijuana.

Vapes

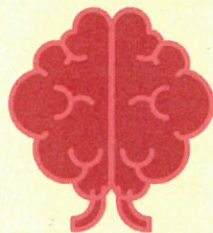
Pequeño aparatos, grande riesgos.

Mitos:

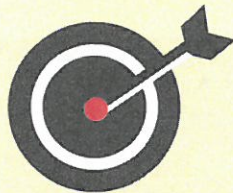
"Es solo agua y saborizantes!"



"¡No me volveré adicto!"



"La nicotina no es mala para ti".



Hechos:

Los dispositivos de vapeo obtienen sus saborizantes por productos químicos. El diacetil tiene sabor a mantequilla y ha sido relacionado con una enfermedad pulmonar muy grave. Algunos saborizantes pueden ser saludables para comer en los alimentos, pero la inhalación de productos químicos puede dañar sus pulmones. Otros productos químicos en los vapores incluyen formaldehído, plomo y benceno.

La mayoría de los vapes contienen nicotina, incluso algunos productos que solicitan no contener nicotina. Algunos de los dispositivos de vapeo mas populares contienen tanta nicotina como 20 cigarrillos. Los jóvenes son más susceptibles a la adicción a la nicotina porque sus cerebros no están completamente desarrollados.

La exposición a la nicotina durante la adolescencia puede alterar el desarrollo normal del cerebro. Puede tener efectos duraderos, como una mayor impulsividad y trastornos del estado de ánimo.

¿Sabías?



Otros términos comunes para vapes y cigarrillos electrónicos: carts, mario carts, dank vapes, cereal carts, exotic, west co.



Hay programas disponibles para ayudar a los jóvenes y adultos a dejar de fumar:

- Illinois Tobacco Quitline: quityes.org o 1-866-QUIT-YES
- QuitSTART: smokefree.gov



Según el Illinois Youth Survey del 2018, el uso de dispositivos de vapeo aumentó en un 66% desde 2016 en el Condado de Lake.



Los dispositivos de vapeo también pueden ser usadas para ingerir otras sustancias, incluyendo la marihuana.

Marijuana and Teens

What Parents Need to Know

MARIJUANA & THE TEEN BRAIN

The teen brain is actively developing, and will not be fully developed until the mid 20s. Marijuana use during this time may harm the developing brain. Concerns Include:



Problems with memory and learning



Impaired coordination



Difficulty thinking and problem solving



Difficulty maintaining attention

NEGATIVE CONSEQUENCES OF MARIJUANA USE

Impaired Driving

Driving while impaired by substances, including marijuana, is dangerous.

Marijuana negatively affects a number of skills required for safe driving, such as reaction time, coordination, and concentration.

Increased Risk of Mental Health Issues

Marijuana use has been linked to a range of mental health problems in teens such as anxiety. Psychosis has also been seen in teens at higher risk, like those with family history.

Potential for Addiction

Research suggests that about one in six teens who repeatedly use marijuana become addicted. Addiction may result in unsuccessful efforts to quit or giving up important activities with friends and family in favor of using marijuana.

FAST FACTS



Marijuana is 2-3 times more potent today, than in the 1970's.



According to the 2018 Illinois Youth Survey, 26% of High School Seniors reported using marijuana in the past 30 days.



One in six teens who repeatedly use marijuana can become addicted.



Frequent or long term marijuana use is linked with school drop out and lower educational achievement.

References Include:

1. <https://e-cigarettes.surgeongeneral.gov/>
2. <https://www.fda.gov/tobacco-products/products-ingredients-components/vaporizers-e-cigarettes-and-other-electronic-nicotine-delivery-systems-ends>
3. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf
4. <https://www.cdc.gov/marijuana/factsheets/teens.htm>
5. Arseneault, L., et al. Cannabis use in adolescence and risk for psychosis: longitudinal prospective study. *BMJ*, 2002.325(7374): p.1212-3.
6. Bondallas, P. et al., Cannabis and its effects on driving skills. *Forensi Sci Int*, 2016. 268:p.92-102.



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Health Department and
Community Health Center

Marihuana y los Adolescentes

Lo que los padres deben saber

MARIHUANA Y EL CEREBRO JUVENIL

El cerebro adolescente continua desarrollandose hasta los 25 años de edad. El consumo de marihuana durante este tiempo puede dañar el cerebro y su desarrollo. Las preocupaciones incluyen:



Problemas con la memoria y el aprendizaje.



Coordinación deteriorada



Dificultad para pensar y resolver problemas



Dificultad para mantener la atención.

CONSECUENCIAS NEGATIVAS DEL CONSUMO DE MARIHUANA

Conducción Deteriorada

Conducir bajo la influencia de sustancias, incluida la marihuana, es peligroso. La marihuana afecta nuestras habilidades para conducir seugramente, como nuestras reacciones, coordinación, y concentración.

Mayor riesgo de problemas de salud mental

El consumo de marihuana ha sido relacionada con una variedad de problemas de salud mental en adolescentes, como la ansiedad. También se ha observado que adolescentes con antecedentes familiares estan mas a riesgo de tener problemas de psicosis.

Potencial de adicción

La investigación sugiere que aproximadamente uno de cada seis adolescentes que usan marihuana repetidamente se vuelven adictos. La adicción puede resultar en esfuerzos fallidos para dejar de fumar o renunciando actividades importantes con amigos y familiares a favor del uso de la marihuana.

FAST FACTS



La marihuana es 2-3 veces más potente hoy que en 1970.



Según el Illinois Youth Survey de 2018, el 26% de estudiantes del último año de prepa reportaron haber consumido marihuana en los últimos 30 días.



Uno en cada seis adolescentes que usan marihuana repetidamente puede volverse adicto.



Frecuente uso o a largo plazo de la marihuana está relacionado con el abandono escolar y un menor rendimiento educativo.

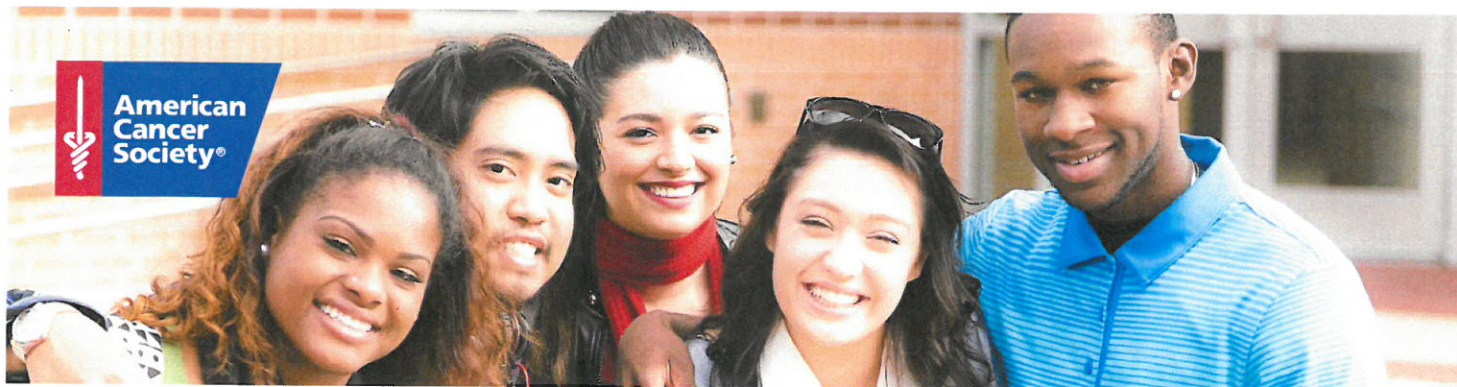
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4. <https://www.cdc.gov/marijuana/factsheets/teens.htm>
5. Arseneault, L., et al. Cannabis use in adolescence and risk for psychosis: longitudinal prospective study. BMJ, 2002.325(7374): p.1212-3.
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What You Need to Know about E-cigarettes: For Middle and High School Students



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What are e-cigarettes?

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E-cigs

ENDS (electronic nicotine delivery systems)

ANDS (alternative nicotine delivery systems)

E-hookahs

Hookah pens

Vape pens

Vape mods

Vaporizers

Vapes

Tank systems

How can e-cigarettes be harmful?

- While using e-cigarettes is less harmful for adults than smoking regular cigarettes, it is **not** harmless for kids, teens, and young adults. But scientists still need to find out what the harms of using e-cigarettes might be when they are used over a long period of time.
- **Most e-cigarettes and all JUULs have nicotine.** Nicotine comes from tobacco and is very addictive. **It could make you want to use other, more harmful tobacco products like regular cigarettes.**
- E-cigarettes often have added flavors and other chemicals, some of which can be toxic.
- When a person vapes, other people around them can breathe in the vapor, which can be harmful to their health.
- E-cigarettes can explode if the battery is not working well or is not used in the right way.

What is vaping?

"Vaping" means you are using any kind of e-cigarette and breathing in its aerosol or vapor.

Is JUULing different than vaping?

No. JUUL is a brand of e-cigarettes. **JUULS have very high levels of nicotine. Nicotine can be very addictive.** It can harm your brain growth, especially if you are a teenager. Any e-cigarette that has nicotine can be addictive, but **JUULS may be even more addictive than some other types of e-cigarettes** because of the liquid used and the way JUUL works.

If you, a friend, or family member uses e-cigarettes or other tobacco products, talk to a doctor about quitting.

Avoid being around people when they are using tobacco products, including e-cigarettes.

For more information, answers, and support, visit the American Cancer Society website at cancer.org or call us at 1-800-227-2345.