

DID YOU KNOW? E-CIGARETTES - VAPOURS - VAPES

An electronic cigarette (e-cigarette) is a small battery-operated device that can look like a real cigarette. Some look like small flashlights, USB flash drives, or fountain pens, often with a large clear chamber for storing liquid (e-liquid).



“Vaping” is the act of inhaling and exhaling an aerosol, often called vapour, which is produced by heating a liquid with a battery-powered device known as a vape, e-cigarette or vapour product. E-cigarettes often feature “cool” designs and the e-liquids are offered in a variety of candy and fruit flavours, which may or may not contain nicotine or illicit drugs (*i.e. marijuana*).

Fact:

**The number of children and teens using e-cigarettes is on the rise.
About one in four Canadian youth aged 15 to 19 years reported having tried an electronic cigarette.**

Are e-cigarettes dangerous?

Health Canada states that there are health risks linked to the chemicals found in vapour products and the long term effects of vaping are still unknown. E-cigarettes haven’t been scientifically tested or proven to help quit smoking, and they can be dangerous to a person’s health in many ways:

- The flavourings and chemicals (*i.e. propylene glycol, glycerine, etc.*) in the e-liquid can **irritate the lungs and worsen breathing problems** like bronchitis and asthma. When heated, these ingredients change form and create toxins. Formaldehyde (a colourless gas) can be produced at levels higher than seen with regular cigarettes. Some of these chemicals have been linked to cancer, respiratory and heart disease.
- There is currently **no legislation requiring warning labels**, child-proof packaging, or labelling for the percentage of nicotine in the e-liquid. So users can’t rely on labelling to know whether nicotine is present in the e-liquid. And if there is nicotine, the concentration can vary.
- **E-liquid can contain liquid forms of other illicit drugs** (*i.e. marijuana or THC, bath salts or flakka, hash oil, or other psychedelics*).
- Like regular cigarettes, **e-cigarettes with nicotine are linked to a many harmful effects on children** and youth—from addiction to disruptive effects on the developing brain.
- **E-cigarettes may lead to tobacco use in teens.**
- The **liquid nicotine used to refill e-cigarettes, even in small amounts, can be poisonous to a young child** if ingested and also can be toxic if spilled on the skin.



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Tabacco & Vapour Products Control Act

On September 1, 2016 the Tabacco & Vapour Products Control Act came into effect in British Columbia, regulating the sale, display, promotion, and use of tobacco and vapour products. These new laws were designed to protect youth from the unknown effects of e-cigarette vapour and from becoming addicted to nicotine, which is why **the BC government treats e-cigarette use exactly the same as tobacco, with the same bans and restrictions.**

Like cigarettes, E-Cigarettes, Vapours or Vapes can only be sold to adults, 19 years or older, and it is illegal to give or provide any vapour products to someone under the age of 19. Their use is banned on public and private school grounds, including parks and beaches.

If you suspect someone is providing vapour products to minors, please contact the **Integrated Tobacco Team** at tobacco@interiorhealth.ca

Most e-cigarettes contain **NICOTINE**, which causes **ADDICTION**, may harm brain development, and could lead to continued tobacco product use among youth.



The Bottom Line

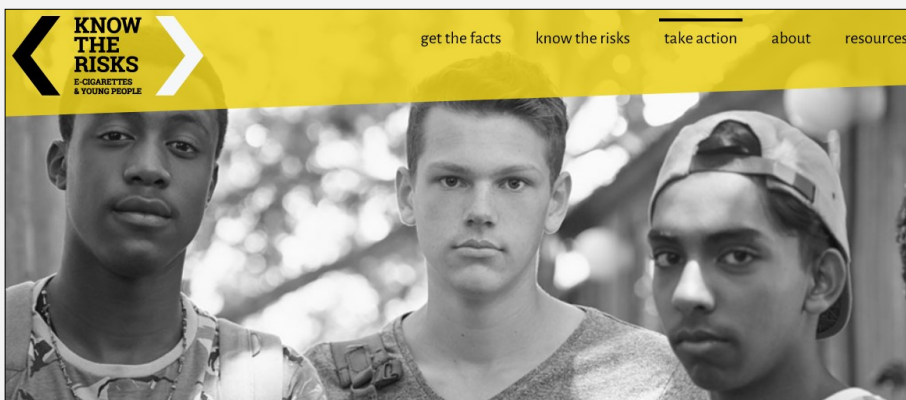
At Salmon Arm Secondary—Jackson, similar to cigarettes, the use of e-cigarettes and the distribution of e-liquid is prohibited.

If students decide to use e-cigarettes on school property, the device will be confiscated and parents will be notified.

Further discipline or consequences may follow if the problem persists.

Resources for Parents

Click on the images below for direct links to resources and supports for parents.



Click on the images for a direct link to the website

