



▶ FAST Facts

99%

of all **vaping products** contain **Nicotine**
- U.S. CDC Report, 2015

17%



of DuPage County High School Seniors report there's little or no risk of personal harm when using vaping products

- Illinois Youth Survey, 2022

Nearly 19%

of DuPage County middle and high school students report using a vaping product within the past 30 days

- Illinois Youth Survey, 2022

What is Vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, produced by an e-cigarette or similar device. While regular cigarette use has decreased, vaping has increased among teens and is now considered an epidemic. Vaping products come in many flavors, which can attract youth, and can also contain nicotine or THC, the psychoactive property found in marijuana that produces the high. - **Partnership for Drug-Free Kids**

▶ Common Names E-cigs, E-hookahs, Mods, Vape Pens, Vapes, Tank Systems



E-HOOKAH



VAPE PENS



TANK SYSTEMS

▶ What are the Risks?

Vaping chemicals used in the liquids can be more concentrated and dangerous.

Youth who vape are 4X more likely to begin smoking traditional cigarettes.

Body Risks

- Higher blood pressure
- Increased heart rate
- Ear, eye and throat irritation

Inhibit Healthy Brain Development

- Nicotine use in early adolescents causes changes in the brain that make life-long addiction much more likely
- Can impact parts of the brain responsible for decision making and impulse control

▶ Tips to Recognize Vaping

Odor: Unlike traditional cigarettes, e-cigarettes do not have a pungent smell. E-liquids come in a wide variety of flavors such as mint, fruit punch, and vanilla.

Unfamiliar devices: E-cigarettes were first invented to be disposable and look like traditional cigarettes. They have now evolved and often resemble pens, cell phone cases and the most commonly found shape USB drives, such as the JUUL. The easiest way to spot these devices is to look for holes (mouthpiece).

Batteries and Chargers: These devices have a battery component and need to be charged. Pay attention to unfamiliar chargers or batteries laying around.

Increased thirstiness: Propylene Glycol (PG), the main substance in e-cigarettes is a hygroscopic substance, meaning it binds or holds water. The PG in e-liquid will extract water from your mouth, nose & eyes which can lead to dehydration.

Metallic wires and cotton wicks: If you find organic cotton, empty plastic vials or thin metallic coils lying in your child's room, this could also be a red flag.

▶ Resources

1. e-cigarettes.surgeongeneral.gov
2. www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf
3. www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-vaping

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