

## TIPS TO HANDLE VAPING LIQUIDS SAFELY:

- Store out of sight and reach of young children and pets.
- Store vaping liquid in a cool, dry place where it cannot be confused for food, drinks, or medicine.
- Close the container securely after each use.
- Wash your hands immediately after handling vaping liquid.

## QUITTING SMOKING USING VAPE PRODUCTS

There are short-term general health improvements if you completely switch from smoking cigarettes to vaping products.

Some scientific evidence suggests that vaping is less harmful than smoking. However, there are as yet no long-term studies on the health effects of vaping, so the long-term health effects cannot be compared.

People who use e-cigarettes or vaping to quit smoking should later try to quit vaping using counselling services, medication or approved nicotine replacement therapies such as gums, patches or lozenges.

If you are a smoker, quitting smoking is the best thing you can do to improve your health. There is support available to help you quit.

## SUPPORT AND TOOLS TO QUIT SMOKING

- Talk to your healthcare practitioner for support and advice towards a smoke-free life.

- Call the New Brunswick Lung Association: 1 506 455 8961

- Call Go Smoke Free at: 1-866-366-3667

- Visit the quit smoking website for New Brunswick:  
[www.gosmokefree.gc.ca/quit](http://www.gosmokefree.gc.ca/quit)

- If you want a specialist to call you, fill in a request form from:  
[www.gosmokefree.gc.ca/quit](http://www.gosmokefree.gc.ca/quit)

and email it to: [gosmokefreenb@horizonnb.ca](mailto:gosmokefreenb@horizonnb.ca)

B R E A T H E  
the lung association

65 Brunswick St., Fredericton, NB  
1-800-565-LUNG (5864) | [info@nb.lung.ca](mailto:info@nb.lung.ca)

B R E A T H E  
the lung association

V A P I N G

Know the Risks



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## VAPING

Vaping is the act of inhaling an aerosol produced by an electronic vaping product, also known as e-cigarettes, or “vapes”. The device heats a liquid to create an aerosol, commonly referred to as a vapour. This vapour is often flavoured and can contain nicotine.

Vaping products have many names, including: mods, vapes, vape pens, e-hookahs, electronic cigarettes, e-cigarettes and electronic nicotine delivery systems (ENDS) to name a few. The JUUL device is the most popular among youth today.

## CHEMICALS IN VAPE PODS AND VAPOUR

Most vaping chemicals are in liquid form but some may be waxes or look like herbs.

Some brands make a product that delivers high levels of nicotine, but the vapour is easy to inhale, with flavors such as melon, cucumber, mint and vanilla.

A single vape pod contains about 5% nicotine, or 20 cigarettes worth of nicotine, and will deliver approximately 200 puffs.

Vape pods contain not just nicotine but additional harmful ingredients. The vapour contains: ultrafine particles that can be inhaled deep into the lungs; glycerol; propylene glycol; benzoic acid; volatile organic compounds; formaldehyde and heavy metals, such as nickel, tin, and lead. Diacetyl, a chemical linked to serious lung disease, may be present in some products.

## PODS WITH NICOTINE

Vaping substances that contain nicotine may contain very low levels or more nicotine than in a typical tobacco cigarette.

JUUL and other vape companies use nicotine salts, which enable particularly high levels of nicotine to be inhaled easily, with less irritation than the nicotine that has traditionally been used in tobacco products.

## HEALTH RISKS OF NICOTINE IN VAPOUR

Nicotine is not known to cause cancer. It is approved for use in nicotine replacement therapies, such as the patch or nicotine gum. However, there are risks linked to nicotine. Nicotine is a highly addictive substance.

### RISKS INCLUDE:

- Vaping with nicotine could lead to dependence, causing nicotine addiction
- Children and youth are especially susceptible to the harmful effects of nicotine, including addiction. They may become dependent on nicotine with lower levels of exposure than adults.
- Nicotine use in youth can affect memory, concentration, reduce impulse control, cause cognitive and behavioural problems, and is known to alter teen brain development.
- Exposure to nicotine during adolescence may predispose youth to using other drugs.

Some vaping liquid containers have enough nicotine to be poisonous, particularly to young children.

## HEALTH RISKS OF CHEMICALS IN VAPES

Vegetable glycerine and propylene glycol are the main liquids in vaping products. These are legally permitted to be used in consumer products such as cosmetics and sweeteners but are not intended to be inhaled. The long-term safety of inhaling the substances in vaping products is unknown and continues to be assessed.

Chemicals used for flavour in vaping products are used by food manufacturers to add flavour to their products. While approved for use in food, these ingredients have not been tested to see if they are safe to breathe.

## SECOND HAND VAPOUR

Second-hand vapour is not harmless but it does contain far fewer chemicals than second-hand smoke. Bystanders can be exposed to vapour that is exhaled by users. The health effects from exposure to second-hand vapour are still unknown. It is recommended that users not vape around non-users and youth.

## SECOND HAND VAPOUR

While vaping products contain fewer harmful chemicals than cigarettes, they may still contain nicotine. Talk to your health care provider about your options for quitting nicotine use during pregnancy.