

VAPING: WHAT PARENTS AND CAREGIVERS NEED TO KNOW



Get the facts and talk with youth about vaping

An **e-cigarette**, commonly called a vape, is a battery powered device that changes a liquid chemical, called e-liquid, into an aerosol (sometimes known as a “vapour”) that can be inhaled. This is often called **vaping**. E-liquid does not contain tobacco, however, most of these products contain **nicotine** which is the highly addictive substance found in cigarettes as well as other chemicals.

Nicotine changes how the youth brain develops which can affect concentration, memory, impulse control and contribute to mood disorders. Research has demonstrated there are both short and long-term health risks. The use of vaping products can cause coughing, wheezing, shortness of breath, chest pain and worsening of asthma symptoms. Although vaping products may have fewer chemicals than tobacco cigarettes, **vaping is not harmless**. Youth who do not use tobacco may experiment with vaping believing that it is a safer alternative.

The number of youth who self-reported vaping more than doubled for grades 11 and 12 when compared to younger grades. Talking with youth about the harms associated with vaping and tobacco use can be helpful for youth to make informed decisions about their health.

This material is provided by York Region Public Health. For more information, watch this [Teen Vaping and Nicotine](#) video, visit york.ca/youthvaping or email tobaccofreeliving@york.ca.

PUBLIC HEALTH
1-877-464-9675
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York.ca/youthvaping
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WHAT IS THIRD-HAND SMOKE?

Third-hand smoke includes the toxic chemicals from tobacco smoke that are left behind on surfaces, even after the cigarette, cigar or pipe has been put out. These chemicals get trapped in hair, skin, fabric, carpet, furniture and toys for days after a cigarette is put out. It builds up over time, long after the smoke can no longer be seen or smelled.

Opening a window or running a fan/air purifier will not get rid of third-hand tobacco smoke.



WHAT ABOUT VAPING?

Some evidence has demonstrated that e-cigarette/vape use increases the level of nicotine and other chemicals on indoor surfaces. The health effects of exposure to aerosols from vaping on bystanders are still being studied. Wherever people should not smoke, they should not vape.

IF YOU SMOKE OR VAPE, PROTECT THOSE CLOSE TO YOU

- Keep your home and vehicle smoke and vapour-free.
- Smoke and vape outdoors and away from entrances or windows.
- Wash your hands after smoking or vaping.
- Wear a jacket or layer of clothing that can be removed after smoking or vaping before going into your home.

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BREATHE HEALTHY - LIVE HAPPY

A Smoke and Vapour-Free Environment is Important to Keep Your Child Healthy

WHAT IS SECOND-HAND SMOKE?

Second-hand smoke is the smoke that comes from a burning tobacco product. It contains more harmful chemicals than the smoke that is inhaled directly by a person who smokes because it does not pass through a filter (as might be found in a tobacco cigarette). Therefore, there is no safe level of exposure to second-hand smoke.

Keep your home and car smoke-free.

WHAT IS SECOND-HAND AEROSOL?

Bystanders can be exposed to the aerosol (commonly called the “vapour”) that is exhaled by those who vape. This is known as second-hand aerosol. Although vaping products may have fewer chemicals than tobacco cigarettes, vaping is not harmless.

Keep your home and car vapour-free.

WHY ARE CHILDREN AT RISK?

Children are at risk because their lungs are still growing and developing. They breathe more quickly and as a result take in more of the dangerous chemicals for their size than adults.

Their immune systems are less developed than adults so smoking in the home increases a child’s risk of getting colds, ear infections, bronchitis, asthma, and pneumonia.

The health effects of exposure to second-hand aerosols are still being studied.



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SECOND-HAND SMOKE AND YOUR PET

How Second-Hand Smoke Affects Pets

Tobacco products can be harmful to pets when they breathe in second-hand smoke. Pets also take in the toxins from third-hand smoke that settles on surfaces when they lick their fur or pick through their feathers. Second-hand and third-hand smoke can affect your pet's health in the following ways:

| Dogs | Cats | Birds | Other Health Problems |
|--|--|---|---|
| <ul style="list-style-type: none">• Lung cancer• Nasal cancer• Allergy | <ul style="list-style-type: none">• Oral cancer• Lymphoma | <ul style="list-style-type: none">• Lung cancer• Pneumonia | <ul style="list-style-type: none">• Eye irritation• Skin irritation• Heart problems |

There is some evidence that e-cigarette/vape use increases the level of nicotine and other chemicals on indoor surfaces and within indoor air. The health effects from exposure to second-hand aerosol from vaping are still being studied.

Symptoms of Nicotine Poisoning in Pets

Nicotine poisoning can happen when pets ingest tobacco products such as cigarette butts, cigars, chewing tobacco, e-liquids from vaping products or nicotine replacement therapy products. For example, if a pet ingests one cigarette or one cigar this can potentially be life threatening. Symptoms of nicotine poisoning include:

- Excitation
- Increased salivation
- Panting
- Vomiting
- Diarrhea
- Muscle weakness
- Twitching
- Collapse
- Increased Heart Rate
- Heart attack



HOW TO KEEP YOUR PET SAFE

- Quit smoking. If you are not ready to quit, cut down.
- Make your home and car smoke and vapour free.
- Wash your hands after smoking or vaping and before touching your pet.
- Ask others not to smoke or vape around your pet.
- Keep ashtrays clean.
- Keep tobacco and nicotine products out of the reach of pets.

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