

facts on

Electronic Cigarettes (e-cigarettes) and Risks to Children

E-cigarettes may pose health and safety risks to children. These risks include poisoning, choking, burns, and effects from inhaling second-hand vapour.

Poisoning

Children can be poisoned by the liquid in e-cigarette cartridges if they swallow the liquid, or if the liquid is absorbed through the skin or eyes. The liquid is easily absorbed through the skin and eyes and may cause rashes or irritation. Children may be attracted by the many scents and flavourings of e-cigarettes. They may confuse the liquid cartridge with a candy or a drink. If the cartridge contains nicotine, the risk of poisoning increases. To reduce the risk of poisoning, it is important to store e-cigarettes and cartridges out of the reach and sight of children.

Signs and symptoms of nicotine poisoning **may** include:

- Sweating
- Pale skin
- Nausea or vomiting
- Twitching and seizures
- Difficulty breathing

If you think your child has swallowed or absorbed the liquid from an e-cigarette, call the Saskatchewan Poison Centre at 1-866-454-1212.



Saskatchewan Poison Centre
1-866-454-1212
www.padis.ca

Choking

E-cigarettes are made up of several small parts. Young children, who have a tendency to put non-food items in their mouths, are at an increased risk of choking on the parts of an e-cigarette. If you think your child has swallowed a part from an e-cigarette and is having difficulty breathing, **get immediate medical care.**

Burns

It is important to remember that an e-cigarette is an electronic device. As such, e-cigarettes can overheat, short out, and explode. The explosions can cause a fire, resulting in burns to skin and damage to property. Blast injuries from an explosion may result in deeper tissue damage.

The liquid in the cartridge may cause chemical burns to the skin.

Effects from Second-Hand Vapour

Second-hand vapour from e-cigarettes may irritate the lungs, making it harder for children to breathe; especially those who have asthma. Inhaling the vapour can also irritate the mouth, throat, and eyes, and can cause allergic reactions. The chemicals used to flavour the liquid in e-cigarette cartridges can also cause lung damage when inhaled.

For More Information

Contact:

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The Saskatchewan Prevention Institute is supported by:

Government of Saskatchewan
Kinsmen Telemiracle
Foundation
SaskAbilities
University of Saskatchewan
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What can parents do?

- Keep all parts of e-cigarettes locked up and out of the sight and reach of children.
- Dispose of e-cigarette batteries and liquid cartridges by putting them in a garbage can that children cannot open.
- Limit use of e-cigarettes to places where smoking is permitted.
- Reduce your use of e-cigarettes in front of your children.
- Talk with your children about the health and safety risks of e-cigarettes.
- Check the Canadian Paediatric Society's recommendations on protecting children and youth from the dangers of e-cigarettes at <https://www.caringforkids.cps.ca/handouts/e-cigarettes-a-danger-to-children-and-youth>.
- Ask a healthcare provider or pharmacist for support to quit smoking.

What are e-cigarettes and how do they work?






E-cigarettes come in many forms and have multiple parts (see chart below). The devices often look like cigarettes or pens. The vapour mimics the appearance of smoke. The act of using an e-cigarette is often referred to as vaping. Other names for e-cigarettes include vapour pens and electronic nicotine delivery systems (ENDS). These terms are more commonly used in the United States to describe devices that contain nicotine.

There is currently no legislation requiring warning labels, child-proof packaging, or labelling for the amounts of chemicals in the liquid.

The sale of e-cigarettes with nicotine is illegal in Canada, yet many are still available.

A typical e-cigarette is made up of:

- a cartridge that holds a liquid (often called e-juice)
- a vaporizer or atomizer that heats and turns the liquid into a vapour or aerosol
- a battery that powers the device
- a mouthpiece to inhale through

Product	Description
 <p>Disposable e-cigarette</p>	<ul style="list-style-type: none"> • Cigarette-shaped • Not rechargeable or refillable • Intended to be discarded after use
 <p>Rechargeable e-cigarette</p>	<ul style="list-style-type: none"> • Cigarette-shaped • Contains an element to regulate puff duration • Refillable
 <p>Pen-style, medium-sized rechargeable e-cigarette</p>	<ul style="list-style-type: none"> • Larger than a cigarette • Refillable • Has a switch to regulate length and frequency of puffs
 <p>Tank-style, large-sized rechargeable e-cigarette</p>	<ul style="list-style-type: none"> • Large, refillable cartridge • Has a switch to customize battery capacity
 <p>E-cigarette liquid</p>	<ul style="list-style-type: none"> • E-cigarette liquid is not regulated and comes in a variety of sizes, shapes, and flavours.

The cartridge contains varying amounts of propylene glycol or vegetable glycerin, flavourings, water, and other chemicals (potentially including nicotine). The amount of toxic chemicals like nicotine is often unknown. Cartridges do not contain tobacco.

For more information, including related resources, visit <http://skprevention.ca/smoking-and-tobacco/e-cigarettes/>