

# facts on

## Vaping Products and Risks to Children

*Vaping products may pose health and safety risks to children. These risks include poisoning, choking, burns, and effects from inhaling second-hand vaping aerosol.*

### Poisoning

Children can be poisoned by the liquid contained in vaping products if they swallow it, or it 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 scents and flavourings of vaping liquids. They may confuse the vaping liquid with a candy or a drink. If the vaping liquid contains nicotine or cannabis, the risk of poisoning increases.

Between 2011 and 2019, a total of 68 vaping-related injury and poisoning cases were recorded by the Canadian Hospitals Injury Reporting and Prevention Program. Children under the age of five who had ingested or inhaled vaping liquid made up for more than half of these cases (52.9%). To reduce the risk of poisoning, it is important to store all vaping products 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
- changes to heart rate (increase or decrease)

### Choking

Vaping devices 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 small parts of vaping devices. If you think your child has swallowed a part of a vaping device and is having difficulty breathing, get immediate medical care.

### Burns

It is important to remember that vaping devices use electrical power from a rechargeable battery. As such, vaping devices 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. Vaping liquids may cause chemical burns to the skin or eyes.

### Effects from Second-Hand Aerosol

When a person inhales from a vaping device, the liquid is heated and turns into a fine mist or aerosol (sometimes referred to as 'vapour'). Vaping aerosols contain chemicals that have been linked to negative health effects. Second-hand aerosols from vaping may irritate the lungs, making it harder for children to breathe; especially those who have asthma. Inhaling the aerosols can also irritate the mouth, throat, and eyes, and can cause allergic reactions. The chemicals used to flavour vaping liquid can also cause lung damage when inhaled.

### For More Information

#### Contact:

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www.skprevention.ca

### The Saskatchewan Prevention Institute is supported by:

Government of Saskatchewan  
Kinsmen Telemiracle  
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SaskAbilities  
University of Saskatchewan  
Community-At-Large

### What can parents do?

- Keep all vaping products and liquids locked up and out of the sight and reach of children.
- Wash your hands using soap after vaping and/or handling the device or liquid.
- Change your clothes after vaping and prior to touching your baby to reduce their exposure to residual chemicals.
- Do not use vaping products around children or in places where children spend their time.
- Follow safety instructions related to storage, charging, replacing, and recycling lithium-ion batteries.
- Place all disposable vaping products in a garbage can that children cannot open.
- Talk with your children about the health and safety risks of vaping products.
- Check the Canadian Paediatric Society's recommendations on protecting children and youth from the dangers of vaping at <https://caringforkids.cps.ca/handouts/preteens-and-teens/vaping>.

### What are vaping products and how do they work?

#### Vaping Devices

Vaping devices come in many forms and have multiple removable parts. The devices often look like cigarettes, pens, or computer USB drives. Vaping devices heat vaping liquid into an aerosol. The aerosol mimics the appearance of smoke. Other names for vaping devices include e-cigarettes, vapour pens, vape mods, pod mods, and electronic nicotine delivery systems (ENDS).

While some vaping devices have a refillable tank or pod to hold vaping liquid, others use a disposable cartridge or pod that is thrown away when it is empty. Disposable vaping devices come ready to use and are thrown away after the vaping liquid or charge runs out.

#### Vaping Liquid

Vaping liquid contains varying amounts of propylene glycol or vegetable glycerin, flavourings, water, and other chemicals (potentially including nicotine and cannabis). Vaping liquid is used to refill a tank or pod, or to replace a cartridge in a vaping device.

Vaping liquids do not contain tobacco. Nicotine found in vaping liquids is extracted from tobacco plants or created through chemical processes, and then dissolved into a liquid mixture.

There are regulations covering the labelling, packaging, and promotion of vaping products. The *Nicotine Concentration in Vaping Products Regulations* set a maximum limit of 20 mg/mL of nicotine for vaping products in Canada.

In Saskatchewan, the legal age for purchasing tobacco and vaping products is 19 and the sale of flavoured vaping products, which may appeal to children and youth, is limited to adult-only stores.

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

For information related to vaping product regulations please visit: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/product-safety-regulation.html#a1> and Saskatchewan Government's Tobacco and Vapour Products website: <https://www.saskatchewan.ca/residents/health/wellness-and-prevention/tobacco-and-vapour-products/information-for-parents>.

For more information on cannabis and poisoning in children, visit <https://skprevention.ca/safety/poisoning/#cannabis>.

**POISONED?**  
**CALL: 1-844-POISON-X**



(1-844-764-7669)

**If you think your child has swallowed or absorbed vaping liquid, call Canada's Toll-Free Poison Centre at 1-844-POISONX (1-844-764-7669).**

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