

VAPING
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IS NOT

HARMLESS

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UNKNOWN

The long-term effects of vaping are still unknown

- The safety of e-cigarettes is currently uncertain.
- This does not mean that vaping is risk-free.

ADDICTIVE

Vaping e-liquid can be addictive

- E-liquid can contain nicotine, which is very addictive.
- Nicotine has a strong effect on your brain and changes the way it develops and grows.
- It can also affect your memory and concentration¹.
- Even if the e-liquid does not contain nicotine, other toxic chemicals and heavy metals are still inhaled².
- Research is also suggesting that young people who vape are more likely to start smoking tobacco cigarettes².

Be vape and smoke-free

VAPE FREE YOUTH

BE CARING

Sharing is **NOT** caring when you vape

- Sharing anything by mouth, including vaping devices, can increase the risk of contracting viruses or infections such as influenza or herpes.
- The use of a disposable tip does not prevent the transmission of contagious diseases³.

YOU CAN

What you can do if someone asks you to vape⁴

- Use humor or change the subject.
- Say you have a health issue like asthma, or say you want to stay healthy.
- Tell them real friends don't make you do things you don't want to.
- Suggest a different activity that doesn't involve vaping or other substances. This could be a sport, game, or something else you enjoy doing.
- Leave the situation.

THE LAW

The law⁵

- The *Smoke-free Ontario Act* prohibits the sale and supply of e-cigarettes to anyone who is less than 19 years old.

If you or a friend need help or support, talk to your parent or guardian, a trusted adult, or seek support from the following services:

- Nurse practitioner or family doctor
- Public Health Sudbury & Districts Quit Smoking Clinic at 705.522.3433 or 1.866.522.3433
- Health Sciences North 24h hour crisis line at 705.675.4760
- Kids Help Phone by calling 1.800.668.6868 or texting CONNECT to 686868.
- Good2Talk at 1.866.925.5454 if you are a post-secondary student in Ontario.

References

- ¹Government of Canada (2018). *Smoking, vaping and tobacco: Vaping*. Retrieved from <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>.
- ²Public Health Ontario. (2018). *Current evidence on e-cigarettes*. Retrieved from <https://www.publichealthontario.ca/en/eRepository/literature-review-ecigarettes.pdf>.
- ³Ontario Agency for Health Protection and Promotion (Public Health Ontario), Hui-Chih Wu J. *Evidence brief: Communicable disease impacts of sharing electronic-cigarettes with drip tips*. Toronto, ON: Queen's Printer for Ontario; 2014. Retrieved from https://www.publichealthontario.ca/en/eRepository/ECigarette_Communicable_Drip_Tip_EB_2014.pdf.
- ⁴Royal Canadian Mounted Police. (2018). *Illegal Drugs*. Retrieved from <http://www.rcmp-grc.gc.ca/cyccp-cpcj/dr-al/illd-dill-eng.htm>.
- ⁵Ministry of Health and Long-Term Care (2017). *Where you can't smoke or vape in Ontario*. Retrieved from <https://www.ontario.ca/smokefree>.