

VAPING IS NOT HARMLESS

UNKNOWN

The long-term effects of vaping are still unknown

- This does not mean that e-cigarettes are harmless.
- Some chemicals used in vaping products can pose health risks.¹

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 concentration.¹
- Even if the e-liquid does not contain nicotine, other toxic chemicals and heavy metals may still be inhaled.¹
- Youth who vape may be more likely to start smoking tobacco cigarettes.²

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.³
- The use of a disposable tip does not necessarily prevent the transmission of contagious diseases.³

Be vape and smoke-free

YOU CAN

What you can do if someone asks you to vape⁴

- Use humor or change the conversation.
- Say you have a health issue like asthma, or say you want to stay healthy.
- Tell them real friends do not use peer pressure as a tactic.
- Suggest a different activity that doesn't involve vaping or other substances such as nicotine, cannabis, etc. 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.⁵

The use of vapour products (including holding an activated vaping device) is prohibited on the grounds of (or on public areas within 20 metres of)⁶:

- Schools.
- Children's playgrounds.
- Publicly owned sporting and their fan viewing areas.
- Enclosed public and workplaces—including work vehicles.

It is also illegal to vape in a motor vehicle if any passenger is under the age of 16. Vaping in a prohibited area can result in hefty fines.

For legal sale in Canada a vaping product must meet certain standards⁷. Vaping products and liquids from regulated sources should not be modified or have substances added to them. Obtaining vaping products from unregulated sources can pose additional risks to health and safety.⁸

If you or a friend need help or support related to vaping, 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 705.522.9200, ext. 3433 or 1.866.522.9200, ext. 3433
- 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

¹ Government of Canada. (2022). Risks of vaping. Retrieved from <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html>.

² Centers for Disease Control and Prevention (2022). Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html.

³ Ontario 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.

⁴ Royal Canadian Mounted Police. (2018). Illegal Drugs. Retrieved from <http://www.rcmp-grc.gc.ca/cycp-cpcj/dr-al/iild-dill-eng.htm>.

⁵ Ontario. (2017). Smoke-Free Ontario Act, 2017, S.O. 2017, c. 26, Sched. 3. Retrieved from <https://www.ontario.ca/laws/statute/17s26>.

⁶ Ontario Ministry of Health (2021). Where you can't smoke or vape in Ontario. Retrieved from <https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario>.

⁷ Government of Canada. (2022). Vaping product regulations. Retrieved from <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/product-safety-regulation.html>.

⁸ Government of Canada. (2022). Vaping-associated lung illness. Retrieved from <https://www.canada.ca/en/public-health/services/diseases/vaping-pulmonary-illness.html>.