



# Protect Your Kids: Keep Your Ride **SMOKE & VAPOR-FREE**

## WHAT ARE VAPING DEVICES?

- Vaping devices are handheld & battery-powered, that electronically heat a liquid solution (e-liquid), creating a vapor that is inhaled into the lungs.<sup>1</sup>
- Commonly referred to as “vaping” or “vape.”
- There are many different brands, types & styles of vaping devices. Sometimes called e-cigarettes, personal vaporizers, vape pens & e-hookah.
- But, all consist of a battery, heating element (vaporizer) & e-liquid cartridge. Cartridges hold different amounts of liquid solution that contain candy-like flavorings (such as cherry, chocolate & bubble gum), nicotine & solvents.



Image source guidetovaping.com

## Why they are a serious health threat:

### **Secondhand Vapor**

- After the user inhales from the vaping device, vapor that is exhaled by the user is *secondhand vapor* and can be breathed in by adults & children riding in the car.
- *Secondhand vapor* is NOT “harmless water vapor” & is NOT safe at any level. Vapor contain toxic chemicals that are also found in traditional tobacco cigarettes, like heavy metals & cancer-causing agents.<sup>2</sup>

### **Thirdhand Vapor**

- *Thirdhand vapor* is exhaled by the user, land & stick to surfaces of the car and can remain on surfaces for weeks to months.<sup>3,4</sup>
- This dangerous, hidden “leftover” vapor contain toxic chemicals & nicotine, that pregnant women, fetuses & children who ride in the car can absorb through their skin or breathe in.<sup>5</sup>

### **Risk of Poisonings or Overdosing**

- Children, drawn to e-liquid cartridges that come in a variety kid-friendly flavors and bright packaging are especially vulnerable to nicotine poisoning.<sup>6,7</sup>
- Children across the country have been accidentally poisoned by drinking, inhaling or absorbing (through their skin or eyes) the e-liquid that contain high levels of nicotine. Calls to poison control show that it can cause vomiting, nausea & eye irritation.<sup>8</sup>

**Take the #757SmokeFreeRide pledge to protect kids.**

**For more information & resources: [www.cinchcoalition.org](http://www.cinchcoalition.org)**



UPDATED MARCH 2016



#### REFERENCES

1. American Academy of Pediatrics, et al. Electronic nicotine delivery systems. December 2015. <http://www2.aap.org/richmondcenter/pdfs/5AsENDSfactsheet.pdf>. Accessed March 17, 2016.
2. Henningfield JE, Zaatari GS. Electronic nicotine delivery systems: Emerging science foundation for policy. *Tobacco Control*. 2010;19(2):89-90.
3. Grana R, Benowitz N, Glantz SA. E-Cigarettes: A Scientific Review. *Circulation*. 2014;129:1972-1986.
4. Drehmer JE, Ossip DJ, Nabi-Burza E, et al. Thirdhand Smoke Beliefs of Parents. *Pediatrics*. 2014;133(4):e850-e856. doi:10.1542/peds.2013-3392.
5. American Academy of Pediatrics, Julius B Richmond Center of Excellence. <http://www2.aap.org/richmondcenter/pdfs/ThirdhandHandout.pdf>. Accessed March 17, 2016.
6. National Association of Attorneys General to Margaret Hamburg, Commissioner of the Food and Drug Administration. Sept. 24, 2013 <http://www.naag.org/assets/files/pdf/E%20Cigarette%20Final%20Letter%20%285%29%281%29.pdf>. Accessed March 17, 2016.
7. American Association of Poison Control Centers. Warning about Electronic Cigarettes and Liquid Nicotine. Mar. 25, 2014. <http://www.aapcc.org/press/29>. Accessed March 17, 2016.
8. Chatham-Stephens K, Law R, Taylor E, Melstrom P, Bunnell, R, Wang B, Apelberg B, Schier JG. Calls to Poison Centers for Exposures to Electronic Cigarettes, US. September 2010–February 2014. *MMWR*. April 4, 2014. 63(13):292-293.