

Keep vapes and liquid nicotine away from children and pets.

- ▶ Liquid nicotine is poisonous when swallowed or absorbed through the skin.
- ▶ Every year, hundreds of children are poisoned by liquid nicotine.
- ▶ Never leave vapes or liquid nicotine where children or pets can get them.

Vapes can explode!

- ▶ People have been seriously injured due to explosions of vaping devices.
- ▶ Explosions may happen when people use the wrong chargers, or leave the vape charging for too long. Or, the device (or spare battery) may explode when it touches keys or metal coins in a pocket or purse.



Vapes don't just affect the person using them! They also affect the people and pets nearby, and can lead to everything from explosions to lung disease. Get the facts about secondhand vapor and other risks of using e-cigarettes.

This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.

Written by Maya Desai.
Designed by Su Gatch. Illustrated by Karl Edwards.
Special thanks to our medical, professional and audience reviewers.

©2016 Journeyworks Publishing. All rights reserved.
Please do not duplicate. Printed on recycled paper.

Title #5801 ISBN 978-1-56885-801-2

For ordering information contact:
JOURNEYWORKS PUBLISHING
P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

Secondhand Vaping

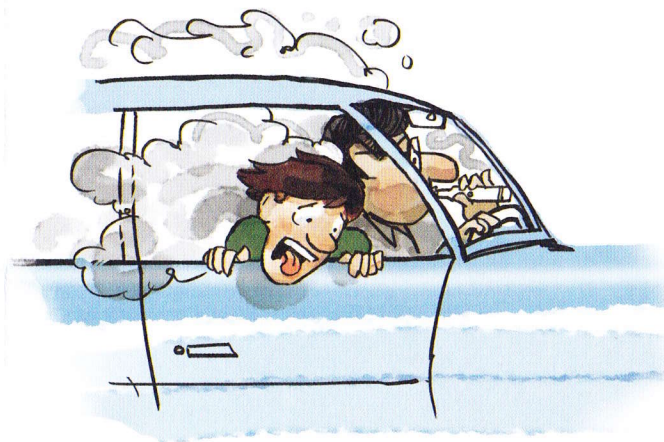
& Other Risks of E-Cigarettes



Electronic smoking products, such as vapes or e-cigarettes, affect more than just the person using them. Like secondhand smoke, secondhand vapor – when you breathe in the vapor that people exhale when vaping – has health risks. There are other dangers of vaping as well. Keep reading to learn more.

Vapes and e-cigs are tools to inhale nicotine.

- ▶ Vapes heat liquid nicotine until it makes an aerosol mist of tiny particles. This aerosol is often called vapor.
- ▶ When someone inhales e-cig vapor, the nicotine enters his or her bloodstream.
- ▶ Nicotine is very addictive.
- ▶ Nicotine increases your heart rate and harms blood vessels. It also affects brain development in teens.



Vapor has other harmful chemicals.

- ▶ Vapor is not just water vapor. It is an aerosol full of nicotine and other chemicals that float in the air together.
- ▶ Studies show that the aerosol from an e-cig often has formaldehyde, heavy metals and other chemicals known to cause cancer.
- ▶ If you vape, or breathe in the vapor that people exhale, you will breathe in nicotine and these other chemicals.
- ▶ Many liquid nicotine flavors use a chemical called diacetyl. When inhaled, diacetyl may cause popcorn lung, a serious lung disease.

Do not vape indoors or in a car.

- ▶ If you vape, do it outside and away from other people and pets.
- ▶ Even if no one else is nearby, particles from the vapor can stick to surfaces like car seats or furniture.
- ▶ This means others may be exposed to the harmful chemicals in vapes, just from sitting on the couch!

Ask friends and family to not vape around you.

- ▶ You can say, “Will you please vape outside? I want to help everyone in our house stay healthy.”
- ▶ Research shows that people who live with e-cig users absorb nicotine from the vapor.
- ▶ Opening a window or going into another room is not enough to protect you.
- ▶ If you can, set up a spot outside where the person can vape.

