



HASTINGS PRINCE EDWARD
Public Health



Vaping

Information for you and your friends

December, 2021

hpePublicHealth.ca

Vaping - with or without
Nicotine - is NOT harmless.

All the chemicals

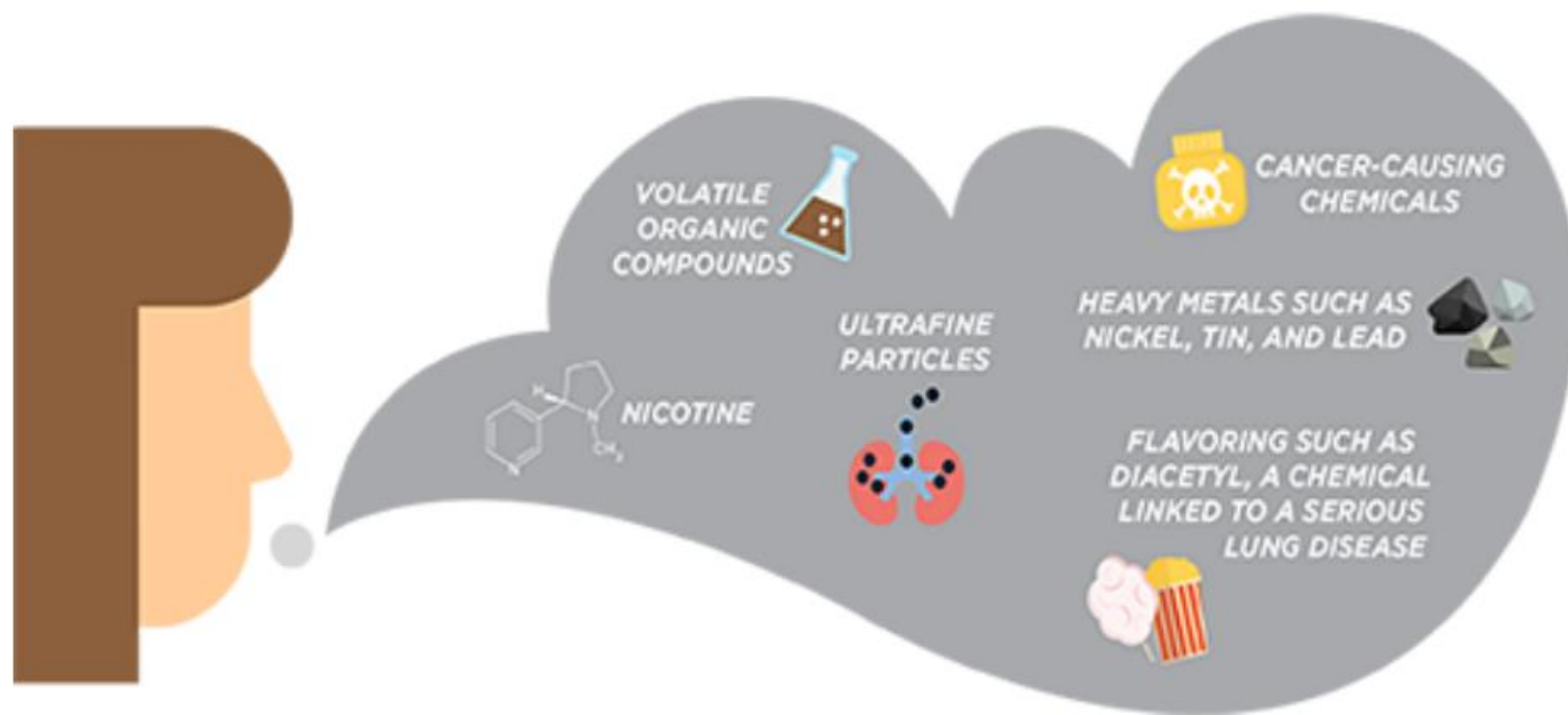
What's in that Pod?

tobaccopreventiontoolkit.stanford.edu



- **Nicotine** Thymol Ally Hexanoate α -Pinene β -Pinene ?
Limonene Caffeine 2-methoxyphenol 2,3,5-Trimethyl pyrazine
- **Benzoic Acid** 2,5-dimethyl pyrazine Isopulegol Ethyl Maltol
Benzaldehyde 4-Terpineol Maltol Hydrocoumarin Vanillin ?
- **Glycerol** Phenethyl Alcohol P-Cymene Corylone Ethyl Vanillin
p-Anisaldehyde Eucalyptol Piperitone Piperonal Linalool
- **Propylene Glycol** β -Damascone Benzaldehyde PG acetal Pulegone
Ethyl anthranilate α -Terpineol δ -Decalactone γ -Octalactone
- **Natural Oils** 3-Hexen-1-ol β -Myrcene δ -Dodecalactone
Ethyl lactate γ -Decalactone Ethyl Acetate Ethyl butanoate
- **Extracts and Flavors** δ -Undecalactone Hexyl acetate ?
Ethyl hexanoate Ethyl 2-methylbutanoate Acetylpyrazine
- **???** Menthol Triacetin Carvone Neomenthol Benzyl Alcohol
p-Methone Hydroxyacetone Styralyl Acetate Menthyl Acetate
Strawberry Glycidate_A Heliotropine PG acetal Benzyl DMC butyrate
 γ -Terpinene Methyl Anthranilate Ethyl Isovalerate

What's in that aerosol?



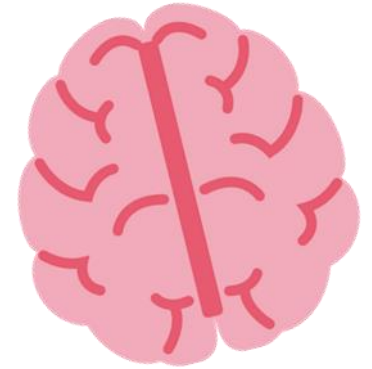
4 Image source:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

What's the damage...to your lungs?



Hidden Weakness | Behind the Haze

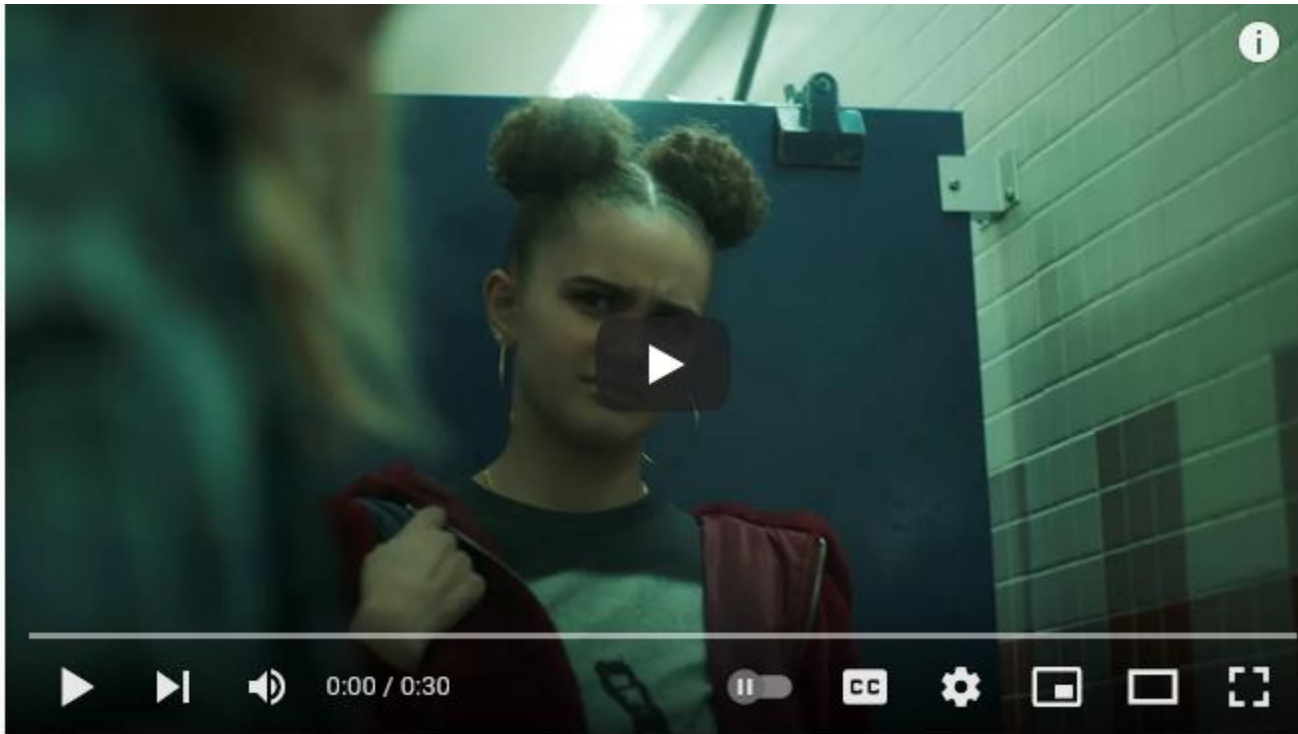
What's the Damage: to your brain?



Nicotine...

- Makes changes to your developing brain
- Affects memory, concentration, and learning
- Affects mood and emotions
- **Is very addictive!**

What does nicotine addiction look like?



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Nicotine Addiction Isn't Pretty | Bathroom | The Real Cost of Vapes

Not everyone is vaping.

What's the vaping industry actually selling?



Fight The Hype | Behind The Haze

Vaping and the Law



Breaking the law is costly!

FINES: Smoking or vaping on or within 20m of school property, **including in your car:** **\$305**

 Selling, supplying or sharing tobacco or vaping products with anyone under the age of 19: **\$490**

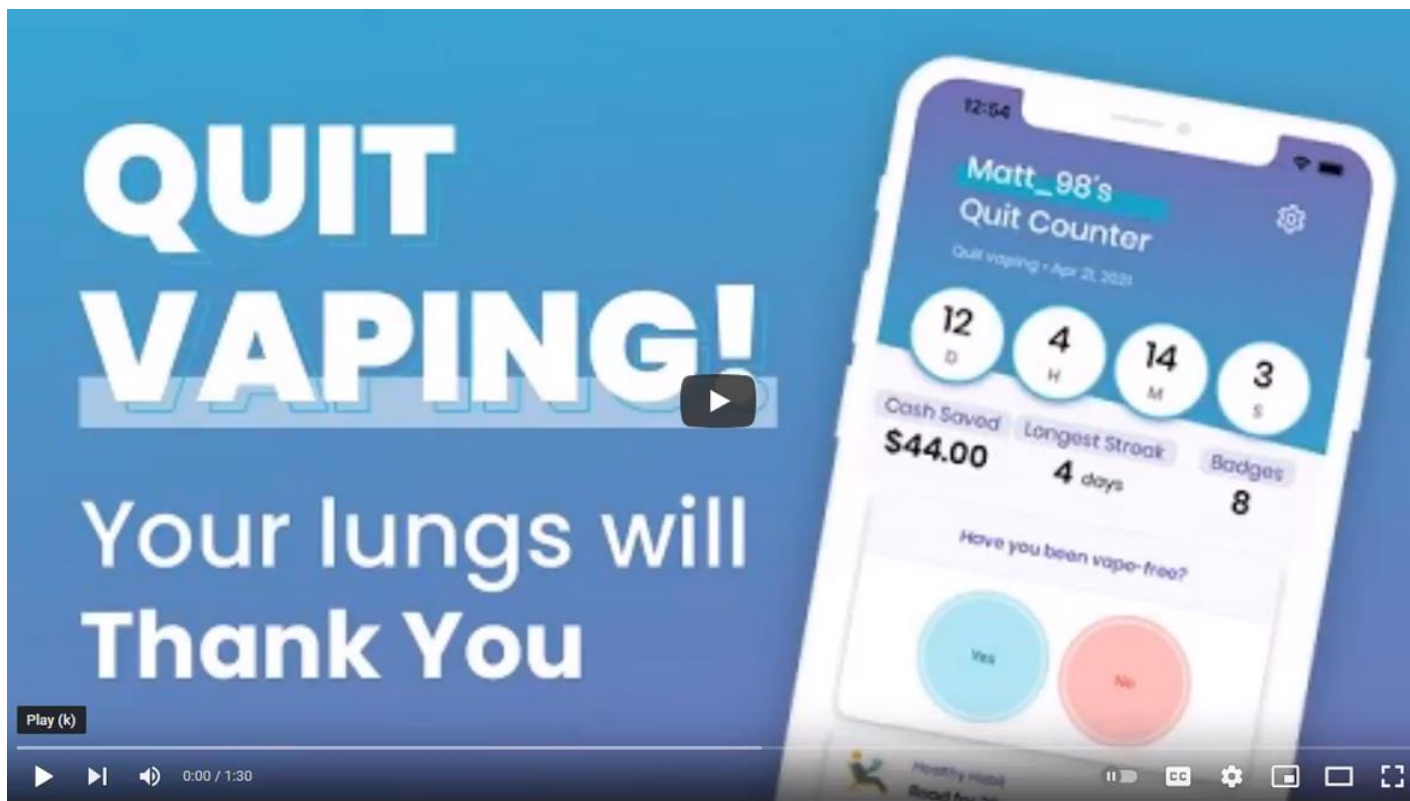
Using e-cigarettes is NOT a proven strategy to help you quit smoking.

Quitting

- Talk to someone you trust
- Kids Help Phone (text CONNECT to 686868)
- School Public Health Nurse
- HPEPH Tobacco Talk Line 1-800-267-2803 ext. 600
- Try online Quit Plans
 - Not an Experiment – Quit Plan -
<https://www.notanexperiment.ca/your-quit-plan/>



Quash App The Lung Health Foundation



QUIT VAPING!

Your lungs will Thank You

Play (k)

0:00 / 1:30

#QuitVaping #HowtoQuitVaping #ToolsforQuitting

Quit Vaping Right Away with the Quash App. Your Lungs Will Thank You!

What's the bottom line?

- **Vaping – with or without nicotine – is NOT harmless**
- **Not everyone is vaping**
- **Vaping is NOT a proven strategy to help you quit smoking**

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And if you do choose to vape...

get the facts and make sure it's an informed choice!