



Electronic Cigarette Safety Tips

Electronic cigarettes have become more popular and can pose different dangers to children than traditional cigarettes.

In recent years, the popularity of electronic cigarettes has risen. They have become an alternative or addition to regular cigarette smoking. What many people don't know is the danger that liquid nicotine can pose to young children.



Electronic cigarettes are made up of the following parts:

- » A mouthpiece that you use to inhale
- » A tank or cartridge to hold the liquid nicotine
- » A battery operated compartment that heats up the liquid nicotine and turns it into a vapor
- » A charging cord to recharge the battery

Electronic cigarettes come in a variety of sizes, shapes and colors.



Electronic cigarettes are often stored in a pouch that is kept in a purse, briefcase, backpack or other convenient location. The smoking device, along with the bottles of liquid nicotine are kept together, often times in bottles that are not childproof.

Liquid nicotine is sold in a variety of strengths, based on how much nicotine the smoker is used to having. It is often times bright and colorful and comes in a variety of flavors and smells including fruits (lemon, watermelon, berry, orange), candy ("Skittles", mint, cotton candy, bubble gum) or other flavors that children would find appealing in both their smell and taste.

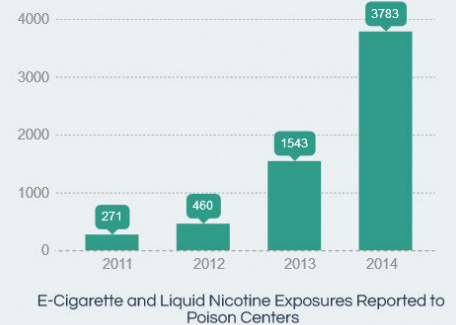
Nicotine is a dangerous toxin that can cause illness or can even kill someone. In fact, less than 1 teaspoon of liquid nicotine is all it takes to be fatal to a young child. The nicotine does not need to be inhaled through the cigarette but can simply be swallowed or spilled on the skin. Signs of nicotine overdose include the following symptoms:

- » Nausea
- » Vomiting
- » Increased blood pressure
- » Seizures
- » Death

Over the past few years, electronic cigarettes have become more popular. This has led to a substantial increase in the number of poisoning incidents from the liquid nicotine. This is shown not only in the number of

increased visits to emergency rooms but to the number of calls made to local poison control centers. The number of exposure reports at those centers has increased over 145% in just one year.

Poison control centers reported a **145% increase** in calls involving e-cigarettes and liquid nicotine between 2013 and 2014



Source: Children's Safety Network - July 2015

Prevention Tips:

- » Keep liquid nicotine in containers that have childproof covers. Make sure that these are provided when purchasing the liquid nicotine on the internet or in states that do not require childproof covers.
- » Keep the electronic cigarette, the bottles of liquid nicotine and the extra nicotine cartridges up and out of children's sight and reach. When charging the battery unit, be sure that it is not visible or accessible to young children.
- » Be aware of guests who may come to your home that may have one of these devices in their purse, brief case or backpack. While it is illegal for youth under 18 to use these products/devices, they are marketed to that age group and their use is gaining popularity. Ask any babysitters watching your children if they use or have the devices, so they can be properly stored out of children's reach.
- » If a child or adult's hands or skin is exposed to liquid nicotine, wash the skin immediately.
- » If a child is exposed to the liquid nicotine, call 911 or the national Poison Control line immediately at 800.222.1222.
- » Put the number for the national Poison Control line into your phone so you have it available in the event of an emergency from this or any other poison exposure.



**Most exposures are occurring
to children under age 5.**

