# E-cigarette/Vaping Products

## Are e-cigarettes/vaping products safe?

People think using e-cigarette/vaping products is safe because they release water "vapor" instead of smoke, but that is not true. The e-liquids contain harmful chemicals similar to regular cigarettes. **E-cigarette/vaping products also contain nicotine, which is highly addictive.**

## Signs of Nicotine Poisoning

**If a child has come into contact with the liquid in an e-cigarette/vaping product, they could have nicotine poisoning.**

Signs are:

- Feeling sick to their stomach
- Vomiting
- Fast heartbeat
- Shaky
- Difficulty breathing
- Seizures

## Keeping children safe around e-cigarettes/vaping products in the home

- Keep them, and all their supplies, out of the reach of children and pets.
- Never use them around a child or pregnant people.
- Dispose of the batteries in a safe manner.
- Be sure to charge them with a charger made for that specific device. **Using the wrong charger can cause them to explode.**

**If you think you or your child has nicotine poisoning, call the Poison Control Center (1-800-212-1222) or 911 right away.**

**LEARN MORE**

Vaping

Data Sources

**Developed by McMillen Health**