

VAPING PRODUCTS

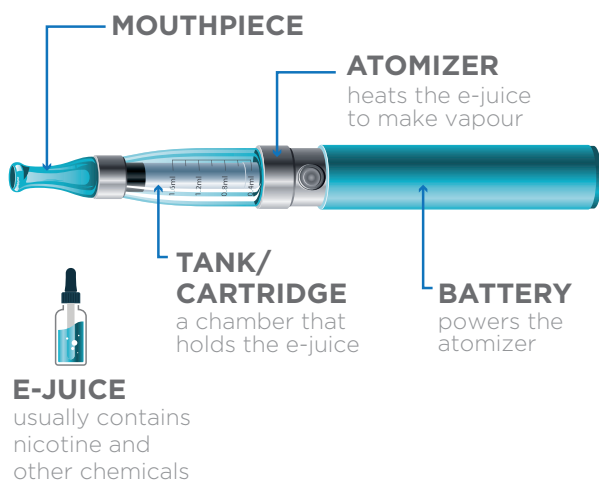
FREQUENTLY ASKED QUESTIONS



1 WHAT ARE VAPING PRODUCTS?

Vaping products are battery-powered devices that heat a liquid solution to create an aerosol (vapour or cloud).

Vaping products have many names such as: e-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs and are also known by various brand names. These devices do not contain tobacco and do not involve burning. Most DO contain nicotine. They consist of the following:



- Atomizer is also known as cartomizer or clearomizer
- E-juice is also known as e-liquid or vaping liquid

2 WHAT VAPING DEVICES ARE MOST COMMONLY USED?

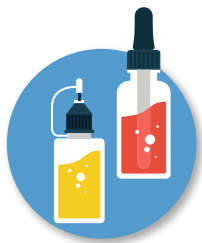
Original vaping devices were made to look like traditional cigarettes. However, newer generations of vaping products are more advanced and come in many shapes, sizes, and styles. “JUUL” and “Aspire Breeze” are examples of vaping products that are now becoming very popular and synonymous with vaping. They contain high amounts of nicotine, which are readily absorbed; thus providing a greater nicotine “hit.”



3 WHAT IS IN THE E-JUICE?

Most e-juices typically contain:

- Propylene glycol (PG)
- Vegetable glycerin (VG)
- Flavourings
- Nicotine (none to very high amounts)



4 WHAT IS IN THE AEROSOL?

A misconception among youth and adults is that the aerosol is only water vapour. However, once e-juice is heated, a number of chemicals are created, such as:

TOXIC CHEMICALS	ALSO FOUND IN
Heavy metals	Lead-based paint
Carbonyls	Embalming liquid
Tobacco-specific nitrosamines	Cigarettes
Volatile organic compounds (VOCs)	Gasoline
Polycyclic aromatic hydrocarbons (PAHs)	Vehicle exhaust
Tiny particles	Wildfire smoke

These toxic chemicals may cause cancer, lung disease and heart disease.

5 CAN CANNABIS BE VAPED?

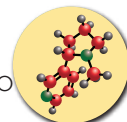
Cannabis can also be vaped as a dried flower or in concentrate forms such as wax and hash oil.



6 WHAT ARE THE HEALTH EFFECTS OF USING VAPING PRODUCTS?

Vaping products DO have an impact on health. The toxic chemicals in the aerosol lead to short-term respiratory and cardiovascular health effects and may cause cancer.

The long-term health effects of using vaping products are currently unknown and continue to be studied.



Vaping products that contain nicotine can lead to nicotine addiction and physical dependence.

The immediate response to nicotine includes increased heart rate and blood pressure. Youth are particularly susceptible to the negative effects of nicotine. It can alter brain development, affect memory, concentration and mood.



7 ARE VAPING PRODUCTS LESS HARMFUL THAN CIGARETTES?

For people who smoke, vaping products may be considered a less harmful alternative. This is because the aerosol contains fewer toxic chemicals compared to cigarettes.

However, given the potential and unknown harms of vaping products, people who do not smoke, should NOT vape.



8 IS IT HARMFUL TO BREATHE IN SECOND-HAND VAPOUR?

Nicotine, heavy metals and tiny particles have been found in second-hand vapour. Bystanders, including children and infants, can breathe in the vapour. People who use vaping products should avoid vaping around non-users.



9 WHAT ARE OTHER RISKS OF USING VAPING PRODUCTS?

Children and adults have been poisoned by swallowing the e-juice or absorbing it through skin.

Vaping products can explode and cause fires that may result in burns and injuries. The lithium-ion batteries in vaping devices can be dangerous; especially if they are not properly used, stored, carried or charged.



Information credit:
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