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Know the Risks of E-Cigs

On March 19th, 2017 the American Association of Poison Control Centers kicks off National Poison Prevention Week. This is a week dedicated to starting the conversation about common causes of poisoning and how to prevent them.

During this week, District Health Department #10 is bringing awareness to the risk of exposure to e-cigarettes and liquid nicotine. In 2014, there were 4,024 total exposures to an e-cigarette device and liquid nicotine reported to poison centers across the United States; more than half of these exposures occurred in children under the age of 6. The most recent reports show 390 exposures in the month of February of this year alone. If left unmonitored, e-cigarettes can easily be mistaken for another product by young children and infants.

Know the Facts:

1. E-cigarettes are battery-powered devices that heat liquid into an aerosol that users inhale. The liquid usually has nicotine, flavoring, and other additives. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.
2. Nicotine consumed in any form is unsafe for youth.
3. E-cigarettes can be appealing to teens and young adults and are now the most commonly used tobacco product among youth.
4. When using an e-cigarette, you must protect your skin when handling the product and liquids and follow specific disposal instructions on the label.
5. Always be prepared for a poisoning emergency. Keep the poison help line number, 800-222-1222, in an easy to find location.

E-cigarette use poses a significant- and avoidable- health risk to young people. Always remember to keep e-cigarettes and liquid nicotine locked in a secure place and out of the reach of children and teens.

For more information about the risks of e-cigarette use in young people visit:
e-cigarettes.surgeongeneral.gov.

For help starting the conversation about the risks of e-cigarette use with your teen, visit:
www.talksooner.org.

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