



Notes from the School Nurses

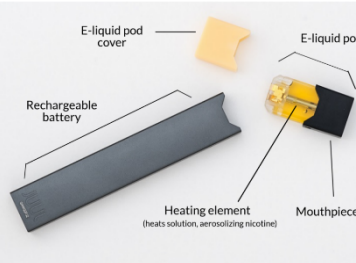
Vaping: Youth Epidemic

Basics

- E-cigarettes, or vapes, are designed to deliver nicotine, flavorings, illegal drugs or other additives to the user via an inhaled aerosol
- Typically, they consist of three parts; a rechargeable lithium battery, a vaporizing chamber and a cartridge or “pod” that contains the liquid
- Use among youth is increasing at an alarming rate, up 900% from 2011-2015
- They come in kid friendly flavors such as bubble gum, mint and various fruits
- Exhaled aerosol often smells fruity or sweet and is dependent on the flavor. It dissipates very rapidly and is easy to conceal

Devices

- Known as “e-cigs”, “dab pens” “vape pens”
- Most popular e-cigarette among youth is the JUUL due to its small size, minimal exhaled aerosol and reduced odor, making it very easy to conceal
- One JUUL pod, roughly the size of a small USB device, contains as much nicotine as an entire pack of cigarettes and is highly addictive
- The battery in a JUUL uses a USB magnetic charger that can plug into any USB port



Dangers

- Extremely high levels of nicotine are very addictive and harm the developing brain, impacting learning, memory and attention
- Youth use of nicotine increases the risk for future addiction to other drugs, including cigarettes
- E-cigarettes contain heavy metals, organic compounds and tiny particles that are inhaled deeply into the lungs, causing irreparable lung damage or even death
- EVALI- e-cigarette or vape associated lung injury- 58 deaths and over 2,000 hospitalizations noted in February of 2020
- Pods may also contain marijuana, other illegal drugs or toxic chemicals
- Surgeon General’s advisory states “importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use”¹

¹ E-cigarettes.SurgeonGeneral.gov