Nicotine in E-cigarettes

NO AMOUNT IS SAFE FOR YOUNG PEOPLE

NC YOUTH AT RISK

Nearly one in seven of North Carolina high school students who has ever tried e-cigarettes has never smoked a cigarette. A growing body of evidence shows that these students are more likely to smoke cigarettes in the future.

Nicotine in e-cigarettes harms young people.

- Nicotine can harm the brain as it continues to develop through young adulthood until age 25.
- What harms can nicotine cause to a young person’s brain?
  - Nicotine addiction and possible increased risk of becoming a cigarette smoker
  - Learning problems
  - Memory and attention problems
  - Behavioral problems
  - Increased chance of future addiction

E-cigarettes attract young people.

- Available in fruit and candy flavors
- Advertised using celebrity endorsements
- Available for purchase online

The nicotine in e-cigarettes is poison.

Nicotine is toxic. The liquid inside e-cigarettes and refill bottles is a poison hazard for toddlers. Poison control calls in North Carolina related to e-cigarettes increased from just eight in 2011 to 121 in 2016. Many cases involved children and toddlers who swallowed e-cigarette liquids left unattended.

What are the symptoms of nicotine poisoning?

- Nausea
- Seizures
- Vomiting
- Death (in high doses)
- Respiratory depression

Learn more at www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs.