Studies also indicate that fetal nicotine exposure is associated with nicotine dependence in adolescence. [6-8] Nicotine can be toxic, even deadly. Eating, drinking or absorbing nicotine can lead to nicotine poisoning; children are especially vulnerable. [6] Symptoms of nicotine poisoning include nausea, vomiting, seizures and respiratory depression. [9-10] Nicotine poisoning can be deadly.

For poison emergencies or questions, call the Carolinas Poison Center at 1-800-222-1222.

Learn more about e-cigarettes at www.tobaccopreventionandcontrol.ncdhhhs.gov/ecigs.

**REFERENCES**

5. Gould and each, “Cellular, Molecular, and Genetic Substrates Underlying the Impact of Nicotine on Learning.”
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**E-Cigarettes Expose NC Youth to the Health Risks of Nicotine**

Among high school students, e-cigarette use is now almost double conventional cigarette use. Nearly all e-cigarettes contain nicotine. [11]

Nicotine is a chemical commonly found in cigarettes, e-cigarettes and other tobacco products. Nearly one in seven of North Carolina high school students who has tried e-cigarettes has never smoked a cigarette. [2] A growing body of evidence from multiple countries shows that young people who have never smoked cigarettes — but currently use e-cigarettes — are more likely to smoke cigarettes in the future than are young people who do not use e-cigarettes. [12-19]

Nicotine is highly addicted and can be toxic.

- **No amount of nicotine is safe for young people.** Nicotine can harm the brain as it continues to develop through young adulthood until age 25. Animal research has found that even in small doses, nicotine exposure causes long-lasting changes in brain development. The kind of changes that can happen affect learning, memory and addiction to nicotine. [15]

- **Nicotine is harmful to the health of unborn children.** Evidence shows that fetal exposure to nicotine can have negative long-term effects, including sudden infant death syndrome (SIDS), impaired fetal brain and lung development, hearing problems, effects on behaviors and obesity, and deficits in attention and cognition. [6]

**Did you know...**

Nicotine is more harmful than you think. NO AMOUNT IS SAFE FOR YOUTH.