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ATTENTION PARENTS

Ohio Department of Health Issues Warning About Vaping/e-cigarettes

Why is nicotine unsafe for kids, teens, and young adults?

Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.

Nicotine can harm the developing adolescent brain.¹ The brain keeps developing until about age 25.

Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.

Using nicotine in adolescence may also increase the risk for future addiction to other drugs.

What are the other risks of e-cigarettes for kids, teens and young adults?

Scientists are still learning about the long-term health effects of e-cigarettes.

Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.

Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

Can using e-cigarettes lead to future cigarette smoking among kids, teens, and young adults?

Many young people who use e-cigarettes also smoke cigarettes. There is some evidence that young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

Specifically, a 2018 National Academy of Medicine report found that there was some evidence that e-cigarette use increases the frequency and amount of cigarette smoking in the future.

But e-cigarette use among young people is unsafe, even if they do not progress to future cigarette smoking.