What Parents Need to Know:
The Vaping Epidemic

? What is vaping?

Vaping is when someone inhales an aerosol made from a liquid ("e-liquid"). Most e-liquids contain either nicotine from tobacco or THC from marijuana. The ingredients and packaging have little to no regulation. Vaping devices can be small like cigarettes while others can be larger. Some are even made to conceal their use, such as hidden within a hooded sweatshirt.

? What are the dangers of vaping?

Our lungs cannot process the chemicals in e-liquids, so all the chemicals get left behind and they build up. **This can lead to severe lung disease within just a few weeks.**

We do not yet know all the long-term effects of vaping, but **several of the chemicals in e-liquids are proven to cause cancer**, just like in traditional smoking.

Juul Brand Vaping Device

Juul brand vaping devices are dangerous! They use nicotine salts which have almost twice as much nicotine as the e-liquids found in other vaping devices, making them even more addictive. **Each "Juul pod" has as much nicotine as about 1 pack of cigarettes.**

Six people in the U.S. have died from vaping-related lung disease. One of these deaths happened in Indiana. The number of reported deaths continues to rise.

At least **380 people** so far have lung disease likely caused by vaping. This number continues to grow.

99% of all e-liquids contain nicotine - **but 63% of teens think there isn't any at all.**

From 2011-2018, the number of high schoolers who vape has increased **387%.** Middle schoolers who vape has gone up **358%.**

? Why is vaping so popular?

Vaping companies heavily advertise to teens through social media and sometimes even in schools. They convince teens that vaping is "totally safe." E-liquids come in many candy and other flavors that children and teens enjoy.

E-liquid

? What can you do?

Talk to your teens about the dangers of vaping. Encourage them not to vape. If your teen is vaping and has a cough, shortness of breath, or chest pain, talk to their doctor right away.