



# CHS News



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## Is Your Child Vaping?



### Ways to tell if your child is vaping

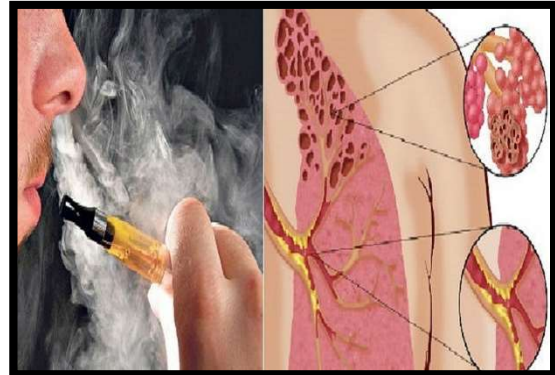
- Developing or worsening acne (vaping can affect surrounding skin)
- Cutting back on caffeine
- Anxiety and mood swings
- Persistent cough
- Finding unfamiliar USB drives, battery chargers, and/or unfamiliar liquids
- Increased thirst
- Desire for flavor
- Nosebleeds

### Did you know?

- 1 in 4 teens is vaping
- Other drugs can be added to pods:
  - Liquid THC
  - Meth
  - Heroin
  - Synthetic marijuana

## Vaping is Smoking

What is vaping? Vaping is using an electronic cigarette (e-cigarette) or other vaping device. These devices heat a liquid into an aerosol that the user inhales. It is referred to as "vaping" because small puffs or clouds of vapor are produced when the user exhales after deeply inhaling the aerosol. The liquid used in vaping devices usually has nicotine and flavoring in it.



*Vaping compounds are inhaled more deeply into the lungs than compounds from smoking.*

It also contains dangerous additives such as heavy metals and other cancer-causing compounds. Vaping is not safer than smoking.

## Vaping is as Dangerous as Using Other Tobacco Products

### Vape Sticks/Vape Pens




### JUUL Pods



### Vaping Liquid



Amid a Teenage E-cigarette Epidemic, Public Health Professionals Urge Action. Listen Here 

<http://miamioh.edu/ehs/news/podcasts/fall-2018/e-cigarette.html>