

## WHAT INGREDIENTS COULD BE IN THAT VAPE?

When you vape, you're breathing in aerosol, but that aerosol (or vapour) isn't just water. Vaping exposes you to chemicals that could harm your health, including nicotine.

If you vape, do it outside to protect people from breathing in your second-hand aerosol.

The number of chemicals in vaping liquids varies.



Between 2017-2019, researchers at Health Canada found an average of **22 chemicals** and roughly **9 flavouring chemicals** in Canadian vaping products.

## WHAT ARE THE LAWS?

Vapour products are regulated in the same way as tobacco products.

Just like tobacco products, vapour products cannot be used in public buildings and workplaces, near doorways or air intakes near doorways, air intakes, or open windows of of public buildings, or on school property.

**All K-12 schools in BC are tobacco and vape- free, 24 hours a day, 7 days a week, even when schools are closed.**



# VAPING

WHAT'S IN THAT VAPE?

WHAT'S THE BIG DEAL?

WHAT ARE THE LAWS?

WHERE CAN I GET HELP?

**THE LEGAL AGE TO BUY AND SELL VAPOUR PRODUCTS IN BC IS 19.**



[gov.bc.ca/vaping](http://gov.bc.ca/vaping)

This resource is referring to commercial tobacco products which is not to be confused with traditional tobacco used by some Indigenous communities in BC.

# WHAT'S THE BIG DEAL?

Vaping nicotine can lead to physical dependence and addiction.

## Youth may be more sensitive to the effects of nicotine

When inhaled, nicotine is absorbed through the lungs and then moves quickly through the bloodstream, entering the brain and other organs. Nicotine is highly addictive. Youth are especially susceptible to its negative health effects, as it can interfere with healthy teen brain development and can affect the parts of the brain that control attention, learning, mood, and impulse control. It can also lead to physical dependence and/or addiction. Youth may become dependent on nicotine with lower levels of exposure than adults.

## Vaping can create new chemicals or byproducts

At high temperatures, propylene glycol and glycerol break apart to form new chemicals called carbonyl compounds, also known as aldehydes (e.g. formaldehyde, acetaldehyde, acrolein, etc.) these chemicals may be carcinogenic (cancer-causing) and have other unknown health risks.

## ASK YOURSELF, "Do I depend on vaping?"

- 👉 Is it impacting me and/or those around me?
- 👉 When I don't or can't vape, do I feel irritable, restless, anxious, sad or tired?
- 👉 Can I go for a day without vaping?
- 👉 Have I thought about vaping less or quitting?

**There are free supports available.**

## WHERE TO GET HELP

The nicotine in vape juice is the same addictive substance in cigarettes and it can make it hard to cut back or stop vaping.

Consider reaching out for support when you need it, or supporting a friend if they reach out.

### **VISIT [QUITNOW.CA](https://quitnow.ca)**

or call 1-877-455-2233 to get support from a Quit Coach.



QuitNow is a free service for those looking to cut back or quit. It is judgement-free, confidential, and personalized to you.

### **VISIT [TALKTOBACCO.CA](https://talktobacco.ca)**

or call 1-833 998-TALK or text **CHANGE** to 123456.



Talk Tobacco offers free, confidential, culturally appropriate support and information to First Nations, Inuit, Métis and urban Indigenous communities.

## DID YOU KNOW?

BC retailers are only allowed to sell vapour products that contain nicotine, nicotine salts or cannabis. It's illegal to sell vapour products that only contain flavours.

Any vapour product without nicotine or cannabis is not regulated and considered "black market".

Getting vapes from friends or online could put you at risk.

If you choose to vape, make sure it's from a legal source.

