

Vaping Risks

Nicotine Poisoning and Prevention

Nearly all vaping devices contain nicotine in their e-juice. Nicotine poisoning is the result of ingesting, consuming, or otherwise absorbing too much nicotine into the body. In recent years, this has become a growing concern due to the popularity of electronic cigarette devices and liquid nicotine.

Nicotine poisoning can happen at any age, but the greatest risk is in children.



Ingesting liquid nicotine can be severe or even fatal. If spilled on the skin, liquid nicotine can be poisonous within minutes.



Liquid nicotine refills can come with between 2 and 6 teaspoons of liquid. Just one teaspoon can be lethal to a 26-pound child.



Flavors, like fruit or candy, are enticing to young children and pets.

Signs and Symptoms of Nicotine Poisoning

Early Stage:

- **Nausea**
- **Vomiting**
- **Increased salivation**
- **Abdominal pain**
- **Loss of appetite**
- Sweating
- **Increased blood pressure**
- **Increased heart rate**
- **Rapid, heavy breathing**
- Loss of control of body movements, loss of balance or difficulty walking
- **Tremors**
- **Headache**
- **Dizziness**
- Muscle spasms or twitching
- Seizures
- **Confusion and anxiety**

Late Stage:

- **Diarrhea**
- **Low blood pressure**
- **Slow heart rate**
- Abnormal heart rhythms
- **Extreme fatigue**
- **Pale skin**
- Shock
- Coma
- **Muscle weakness or paralysis, slow reflexes**
- **Shallow breathing, difficulty breathing, respiratory failure**

** Bold are most common**

How to Prevent Nicotine Poisoning

- ✓ Make sure all products that contain nicotine are out of reach of children and pets
- ✓ Properly dispose of nicotine-containing products
- ✓ Store products in their original container
- ✓ If you are using nicotine replacement treatments, do not use more than the recommended dosage
- ✓ Do not use more than one type of nicotine-containing product at one time
- ✓ Quit using tobacco products. For free support call 1-800-QUIT-NOW today!

**If you suspect poisoning contact Poison Control
1-800-222-1222**

tobacco free
LANCASTER COUNTY

Sources

<https://www.lung.org/blog/nic-sick>
<https://www.aapcc.org/track/ecigarettes-liquid-nicotine>
<https://my.clevelandclinic.org/health/diseases/21582-nicotine-poisoning>