

# vapno and your health

For First Nations, Inuit, Métis and Urban Indigenous Péoples





# The best way to protect your health from the harms of vaping is not to vape.



### What is vaping?

- Vaping is when you breathe in an aerosol (a vapour or mist) from a vaping device.
- The vapour is made by heating liquid mixed with different flavours, nicotine or other substances inside a vaping device. The device uses a battery to create the heat.
- Vaping devices:
  - Come in many different shapes and sizes. They also have many names, like electronic nicotine delivery systems (ENDS), e-cigarettes and vape pens.
  - May be used to heat oils and dried cannabis (sometimes called marijuana, pot or weed).



### Effects of vaping

- A cough that lasts a long time or does not go away.
- Trouble breathing normally, which can be serious and even life-threatening.
- Breathing in poisonous chemicals (including chemicals that cause cancer).
- Raising your risk of heart attack and stroke if you already have heart disease.
- Injuries from explosions or fires caused by damaged vaping device batteries.
- Poisoning if the vaping liquid touches your skin or if you accidentally swallow vaping liquids.



### Vaping can cause serious lung disease

- Many cases of lung disease caused by vaping have been reported in North America.
- It has been reported that some of the lung disease cases are in people who have used vaping products with THC (tetrahydrocannabinol); a chemical found in cannabis.
- There is still a lot we do not know about lung disease caused by vaping.



# Talk to your healthcare provider if you vape or used to vape,

and have a cough, have trouble breathing, have chest pain or generally do not feel well.



Find out more from the Government of Canada's webpage, Vaping Associated Lung Illness: canada.ca/en/public-health/ services/diseases/vaping-pulmonary-illness



### Vaping and quitting smoking

- More research is needed to find out whether using e-cigarettes can help people quit smoking.
- The Government of Canada has not approved any vaping products to help people quit smoking.
- Quitting smoking is one of the best things you can do for your health.
- If you smoke, talk to your healthcare provider for advice on how to quit.

### Vaping and young people

Many young people, including teenagers, are vaping or using e-cigarettes.

- · Some vaping products have a lot of nicotine.
- Vaping products with nicotine can lead to addiction, which means it can be hard to quit vaping.
- Nicotine can harm a growing brain, making it hard for young people to pay attention and learn.
- Young people who vape may be more likely to try smoking cigarettes.

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca PCC4213

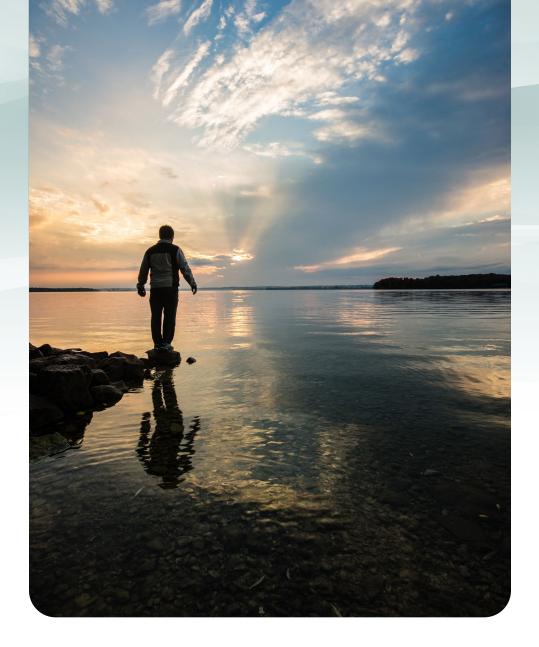


Indigenous Tobacco Program tobaccowise.com

# Vaping & your health

## Key points to remember:

- The best way to protect your health from the harms of vaping is not to vape or use e-cigarettes.
- Vaping can cause serious lung damage, trouble breathing, or a cough that lasts a long time or does not go away.
- If you vape or used to vape, talk to your healthcare provider if you have chest pain, trouble breathing or a cough. Go to the emergency room if your symptoms are serious.
- Young people who vape may be more likely to try smoking cigarettes.
- Vaping devices with nicotine are addictive, • which means it can be hard to quit vaping.
- The Smoke-Free Ontario Act, 2017 (SFOA, 2017) does not allow vaping of any substance in enclosed workplaces and enclosed public places, as well as other designated places in Ontario.
- More information is needed on the long-term harms of vaping to know all related health effects.



## If you smoke commercial tobacco:

- Quitting smoking is one of the best things you can do for your health.
- Talk to your healthcare provider or heath centre for information on nicotine replacement therapy (NRT), prescription medications and counselling/programs to help you quit smoking.



For information on the Indigenous Tobacco Program and smoking cessation resources, visit: tobaccowise.com

Call or visit Talk Tobacco for Indigenous smoking and vaping support at: talktobacco.ca or 1-833-998-8255

### Government of Ontario website:

ontario.ca/page/where-you-cant-smoke-or-vape-ontario

### Government of Canada website:

canada.ca/en/health-canada/services/smoking-tobacco/vaping.html

### Disclaimer:

The information provided herein is intended for informational purposes only and is not intended to constitute or be a substitute for medical advice. This guide does not include all information about the health impacts of vaping. Do not act or rely upon this information without seeking the advice of a qualified physician or other healthcare provider. Always ask your healthcare team if you have questions or concerns.



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