



Vaping and your health

For First Nations,
Inuit, Métis and Urban
Indigenous Peoples



**Ontario
Health**

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 associated with 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 the long-term impact of vaping on lung health.



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

Document disponible en français en contactant

info@ontariohealth.ca | CQP-85350



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 health 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

For more information about vaping:

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