



# ***HOT Sheet***

## **Vaping (a process)**

- What devices are used? E-cigarettes and hookahs.
- Vaping means inhaling water vapor into the lungs. Illegal liquid drugs are being used for vaping. These include liquid marijuana and K2.
- Slang terms: PV (personal vaporizer), APV (advanced personal vaporizer), cloud chasing, e-puffing, and piping.
- Vaping impairs lung function.
- Tiny amounts, whether ingested or absorbed through the skin, can cause vomiting and seizures and even be lethal.
- A teaspoon of even highly diluted e-liquid can kill a small child.
- E-liquids that are legal and able to be purchased in local shops or on the internet are not regulated by the FDA. People don't tend to consider their health liability and toxicologists fear that children are particularly at risk of being poisoned.
- E-liquid is considered even more dangerous than tobacco because it is immediately absorbed.
- Little long term data available on the effects of vaping
- As of December 10<sup>th</sup>, 2019, there have been 2,409 individuals hospitalized and 52 deaths in the United States as a result of vaping.

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing [bcunningham@blairdap.org](mailto:bcunningham@blairdap.org).