



Prescriptions for Prevention

Vaping and E-Cigarettes

Did you know?

E-cigarettes are the most commonly used tobacco product among teens. They can contain nicotine (an addictive chemical), marijuana, or other chemicals that can damage health.

Action Plan

▶ Vaping and electronic cigarettes (e-cigarettes) are linked to severe lung disease. If you or your teen develop new symptoms such as: cough, shortness of breath, throat irritation, or headache see your doctor. To learn more about the health effects of e-cigarettes, click [this link](#) or scan the QR code:



▶ The toxicity of inhaling flavorings in e-cigarettes is mostly unknown.

▶ Talk to your teen about the dangers of vaping and e-cigarettes. Teens who vape and use e-cigarettes are more likely to use regular cigarettes in the future.

▶ If you vape or use e-cigarettes, keep them and containers of liquid nicotine locked away and out of reach of children.

▶ If your child swallows liquid nicotine from a container, immediately go to the emergency room and call the local Poison Control Center at **1-800-222-1222**.

▶ For more information about counseling and medications involved in the process of quitting and forming a recovery plan, click [this link](#) or scan the QR code:



▶ For specific strategies on how to resist tobacco cravings, click [this link](#) or scan the QR code:





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Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7 and 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance abuse disorders. Call **1-800-662-HELP (4357)** or scan this [QR code](#):



Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click [this link](#) or scan the QR code:



Pennsylvania Quitline

To get help quitting tobacco, call the free Pennsylvania Quitline at **1-800-QUIT-NOW (784-8669)** or click [this link](#) or scan the QR for additional resources:



Tobacco Education Resource Library

To access free resources for students, teachers, and parents to learn how to prevent vaping, click [this link](#) or scan the QR code:



EX Community

Join an online quitting community developed by Mayo Clinic. To learn more, click [this link](#) or scan the QR code:



American Lung Association

Developed by the ALA, the Not On Tobacco (NOT) Teen Smoking and Vaping Cessation Program is free, mobile, and holistic. Click [this link](#) or scan the QR code to learn more:



SmokeFree Text Service

Join the SmokeFree text service designed and run by the NIH. To learn more, click [this link](#) or scan the QR code:



For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:

215-573-9076 prcceh@penmedicine.upenn.edu
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