



Vaping and your health

For First Nations,
Inuit, Métis and Urban
Indigenous Peoples



Ontario Health
Cancer Care Ontario

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 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