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:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
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Children's Hospital of Philadelphia

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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@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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