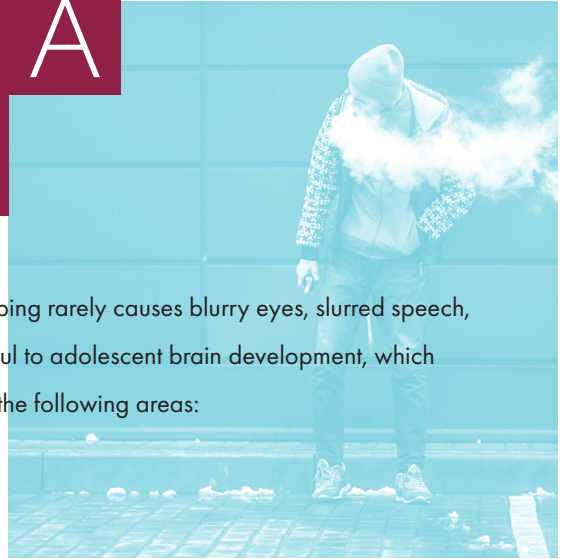


# 10 SIGNS THAT A TEEN IS VAPING.

The indications of e-cigarette use are different than those of alcohol or drug use. Vaping rarely causes blurry eyes, slurred speech, or physical impairment. However, the nicotine in e-cigarettes is addictive and harmful to adolescent brain development, which occurs from birth until about age 25. Vaping can negatively affect teen behavior in the following areas:

- Mood
- Ability to reason
- Impulse control
- Learning
- Attention span
- Decision-making



E-cigarette use by youth also makes them more likely to use regular cigarettes later in life and increases their risk for future addiction to other drugs. The nicotine content of some e-cigarette pods packs the punch of 20 regular cigarettes.

## Here are warning signs you should look for:

The following behaviors or symptoms of e-cigarette use have been cited by the Centers for Disease Control and Prevention (CDC), the American Lung Association, *USA Today*, and *U.S. News & World Report*.

### 1 DRY MOUTH OR DEHYDRATION

Propylene glycol, an ingredient in vape e-liquids, frequently causes dry mouth (aka cottonmouth) as a side effect of e-cigarette use. If you notice that teens are excessively thirsty or drinking more water than usual, you might consider asking additional questions or observing their behavior more closely.

Source: American Lung Association and *U.S. News & World Report*



### 2 NOSEBLEEDS

Vapers tend to exhale through their nose more than their mouth. Again, propylene glycol may be the culprit, as it dehydrates the inside of nostrils. The corresponding dryness leads to frequent nosebleeds. Be on the lookout.

Source: American Lung Association



### 3 UNEXPLAINED SWEET SCENT

Flavored e-cigarettes such as citrus, berry, watermelon, bubblegum, and others are popular with youths. If you notice a sweet scent on a teen's breath and they can't explain it, you might want to consider asking them if they are vaping.

Source: American Lung Association



## UNUSUAL USB DRIVES AND PENS

Rather than use large vape devices like hookahs and pipes, many teens prefer more discreet ones designed to resemble a USB flash drive or a writing instrument like a pen. The devices often have holes at both ends. Don't be fooled. If it doesn't look legitimate, it probably isn't.

Source: American Lung Association

## COUGHING OR MOUTH SORES

Some research indicates that e-cigarettes interrupt the body's immune system, which may cause mouth sores or wounds that won't heal.\* E-cigarette users also exhibit a cough similar to that of a smoker. If the cough or sores can't be explained, it's likely a sign that a teen is vaping.\*\*

Source: USA Today\* and CDC\*\*

## EXCESSIVE THROAT CLEARING

The human body produces mucus and phlegm naturally, and clears it regularly. However, e-cigarette use can cause mucociliary dysfunction (similar to COPD, asthma, and cystic fibrosis), which impairs the body's ability to move and expel these substances. Quite simply, vaping irritates the throat, causing vapers to frequently clear their throat.

Source: USA Today

## UNFAMILIAR BATTERIES OR CHARGERS

Vape batteries and chargers seldom look like their cellphone counterparts. And while a cellphone charge might last a day, a vape charge may last only a few hours, depending on frequency of device use. If a teen possesses one of these, they are likely vaping.

Source: U.S. News & World Report



## METALLIC WIRES, COILS, AND ATOMIZERS

Thin metallic wires, coils, and atomizers are used to heat up and vaporize e-cigarette liquids. They need to be replaced from time to time. If a teen is found with these, it's time to ask some questions.

Source: U.S. News & World Report and USA Today

## EMPTY E-LIQUID PODS

Pods are designed to deliver up to 200 hits, or puffs, of e-vapor to the user. If you see a teen discarding a pod, retrieve it and start a conversation about it.

Source: U.S. News & World Report and USA Today

## ABDOMINAL PAIN

Nausea, vomiting, abdominal pain, and diarrhea are common side effects of e-cigarette use, and typically precede the onset of lung injuries or illnesses.

Source: CDC

