Vapes, Nicotine & Kids: What Every Caregiver Should Know

Why Vapes, E-liquids and Other Nicotine Products Are Dangerous

- Nicotine poisoning can affect anyone, but children are at greater risk due to their lower body weight and smaller body size.
- In Kansas, children under age 5 have the highest rate of accidental nicotine poisoning. (Kansas Hospital Association, Kansas Emergency Department Visits Data, 2020-2024)
- Nicotine is found in products like pouches, pods, cigarettes, lozenges, gum, and smokeless tobacco.
- Bright labels, sweet smells, and colorful packaging can make these products look like candy or toys.
- Most vape e-liquids contain nicotine and other chemicals that can be toxic to children if swallowed, inhaled, absorbed through the skin, or splashed in the eyes.

Ways to Prevent Nicotine Poisoning

- Keep all nicotine products in their original packaging and secure them up and away – out of sight and reach.
- Kids often copy the behavior of others. Do not use nicotine products in front of children.
- Prevent exposure by refilling products away from children.
- Recycle or safely throw away used products right away.

Remember, many nicotine products come in bright, colorful, candy-like packaging, which can tempt young children to touch or taste them.

Signs and Symptoms of Nicotine Poisoning

Nausea, vomiting, abdominal pain

Drooling

Pale or sweaty skin

Fast heart rate

Muscle twitching, tremors (shakiness)

Headache or dizziness

Difficulty breathing, seizures or coma (in more serious cases)

What to Do If You Suspect Nicotine Poisoning

If the person is having trouble breathing, having a seizure, or is unresponsive, call 911 right away. If you suspect poisoning or have questions, call the Poison Help line at 1-800-222-1222.

Be ready to tell them:

- What and how much was swallowed or touched
- Any symptoms they are experiencing

POISON HELP™
1-800-222-1222
KANSAS POISON CENTER

Scan the QR Code to save the Poison Help line to your phone contacts.

The Best Prevention is Quitting

Many people who use tobacco or nicotine products want to quit, and it may take several tries. The good news: FREE help is available to all Kansans through the Kansas Tobacco Quitline.

Scan the QR code to visit the KDHE Tobacco is Changing website.

KanQuit!
1-800-QUIT-NOW (784-8669)
KSquit.org

Kansas Department of Health and Environment

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