

Poison Prevention Press

May/June 2018

Volume 11, Issue 3

What Does Maryland Law Say?

- Tobacco products, including e-cigarettes, may ONLY be sold to people age 18 or older.
- The sale or use of tobacco in any form (including e-cigarettes) is prohibited in school buildings at all times.
- Local governments can now issue criminal citations to both a store and person selling e-cigarettes to a minor and the minor attempting to purchase e-cigarettes. (New in 2018 Maryland Legislative Session)

For more information, contact the [UM Legal Resource Center](#)

Did you know that...

- In 2016, 3.2% of U.S. adults were current e-cigarette users?
- In 2016, more than 2 million students say they used e-cigarettes in the past 30 days, including 4.3% of middle school students and 11.3% of high school students.

Follow the MPC on [Facebook](#) & [Twitter](#)

Electronic Cigarettes and Nicotine

E-cigarettes are popular with adults and teens. The devices come in many shapes and sizes but they all do the same thing: produce a vapor that the user inhales. Some people turn to e-cigarettes to help them quit smoking regular cigarettes. Others feel e-cigarettes are safer than regular cigarettes, but research studies are currently ongoing to learn if this is true.

The starting liquid used in e-cigarettes -- also called e-liquid or smoke juice -- may or may not contain nicotine. The liquids may come in prefilled cartridges or in bottles used to refill the e-cigarette device.

Many of these liquids come in flavors like fruit punch, strawberry, chocolate, mint, cola, and more. Some are even packaged as kid-friendly food products, such as juice boxes, candies, and cookies. The bottles of nicotine-containing e-liquid are required to be child-resistant. These liquids are concentrated, so even a small taste can be dangerous for a young child.

The symptoms of nicotine toxicity depend on the amount of nicotine ingested.

Mild Symptoms

- Nausea
- Vomiting
- Dizziness
- Increased heart rate
- Increased blood pressure

Severe Symptoms

- Seizures
- Decreased heart rate
- Decreased blood pressure

Symptoms can develop if nicotine is swallowed, inhaled too often, or spilled on the skin and not washed off right away. These risks apply to everyone, not only small children.

Tobacco products like cigarettes, cigars, chewing tobacco, and pipe tobacco can also put young children at risk for poisoning. Additionally, products that help people stop smoking, like nicotine patches, gum and lozenges also contain amounts of nicotine that are dangerous for young children.

Quick Facts: E-cigarettes and Tweens/Teens

- Some e-cigarettes look like USB drives. They charge by plugging into a computer. They do contain nicotine and students are using them during the school day. Kids refer to this as "juuling."
- The 2015 Maryland High School Youth Risk Behavior Survey showed 38% of students have used an electronic vapor product.
- A 2016 report from the Surgeon General stated there is no safe level of nicotine use for youth. It is addictive and causes permanent changes to the brain.
- A National Institute for Drug Abuse 2016 report showed 66% of teens thought their e-cigarette contained flavoring only. But, 99% of e-cigarettes sold in the U.S. contain nicotine.