

E-liquid and Kids

What is E-liquid?¹

E-liquid is a fluid used in vapes.

- It is heated into an aerosol (not just a vapor) that users breathe in.
- E-liquid comes in over 15,000 flavors.
- Many of the flavors appeal to kids, like bubble gum and grape.

What's in E-liquid?^{2,3}

E-liquid often has:

- Nicotine
- Propylene glycol, often used in food and meds
- Vegetable glycerin, often used in food and make-up
- Flavorings
- Water



E-liquid Risks^{3,4}

- Sweet flavors may tempt kids to drink from e-liquid bottles or put vapes in their mouth.
- If kids swallow e-liquid or get it on their skin, they may feel sick and throw up.
- Some kids have gone to the ER after getting sick from e-liquid.

How to Keep Kids Safe^{3,4}

- By law, e-liquid bottles need to be childproof, but they should still be kept away from kids.
- Always keep vapes and e-liquid locked up or out of reach from kids.
- Put empty bottles in a plastic bag or jar. Mix in things like dirt, cat litter, or coffee grounds.
- If a child swallows e-liquid or gets it on their skin, call poison control at 1-800-222-1222.

**Call for FREE help to quit vaping!
1-800-300-8086**

¹ Hsu G, Sun JY, Zhu SH. (2018).

² FDA (2020). Vaporizers, E-Cigarettes, and other ENDS.

³ American Association of Poison Control Centers (2021). E-cigarettes and Liquid Nicotine.

⁴ Congress.gov. Child Nicotine Poisoning Prevention Act of 2015.