

# E-liquid and Kids

## What is E-liquid?

E-liquid is a fluid used in e-cigarettes.

- It is heated into an aerosol (not just a vapor) that users breathe in.
- E-liquid comes in over 15,000 flavors.<sup>1</sup>
- Many of the flavors appeal to kids, like bubble gum and grape.

## What's in E-liquid?<sup>2,3</sup>

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<sup>3,4</sup>

- Sweet flavors may tempt kids to drink from e-liquid bottles or put e-cigarettes 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<sup>3,4</sup>

- By law, e-liquid bottles need to be childproof, but they should still be kept away from kids.
- Always keep e-cigarettes 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 today!**  
**English: 1-800-QUIT-NOW (1-800-784-8669)**

1. Hsu G, Sun JY, Zhu SH. (2018).
2. FDA (2017). Vaporizers, E-Cigarettes, and other ENDS.
3. American Association of Poison Control Centers (2017). E-cigarettes and Liquid Nicotine.
4. Congress.gov. Child Nicotine Poisoning Prevention Act of 2015.