What Parents Need to Know: e-Cigarettes, Vaping and Juuling

Healthy Tips from
Sentara Quality Care Network (SQCN)
E-cigarettes, Vaping and Juuling are dangerous.

E-cigarettes, Vaping and Juuling:
- Are highly addictive
  - They contain nicotine, kid-friendly flavorings and other substances
  - The more kids vape, the more hooked they become
- Are now the most popular form of tobacco among teenagers in the U.S.
  - Use among high schoolers has risen by 900 percent from 2011 to 2015
- Are called different things including:
  - Vaping, Juuling, dripping, mods or e-hookahs
- Are likely to lead youth to smoking traditional cigarettes
- Are sold online, often without proof of legal age (You must be 18 to purchase legally.)

Is your child Juuling?
The Juul is a highly addictive, vaping device popular with adolescents. The discreet design – it resembles a flash drive – means it can be used easily on school buses and campuses, including in classrooms and gyms. The use of Juul products is a serious concern for youth, who are uniquely susceptible to nicotine addiction. The concentration of nicotine in Juul products is more than double the concentration found in other e-cigarettes.

Signs your child may be Juuling:
- USB drives in unusual quantities or with new appearances
- Discarded Juul Pods
- An unexplained sweet scent, which is often associated with Juul products

E-cigarettes, Vaping and Juuling devices are easy to hide:
- They can produce less smoke than traditional cigarettes.
- They can look like a pen, a computer memory stick, a car key fob or even an asthma inhaler.
- They can be used in classrooms, hallways and restrooms, and are shared among peers.

For more information, Contact your SQCN provider or visit https://e-cigarettes.surgeongeneral.gov/