

Symptoms

Increased thirst / nosebleeds / interest in stronger flavors. Chemicals in vapes may dry out the mouth and nose which can lead to thirst, nosebleeds, and reduced flavor perception.

Decreased caffeine use. Nicotine use can increase sensitivity to caffeine because both are stimulants. Decreased interest in energy drinks or coffee may be due to vaping.

Appearance and behavior changes. Vaping nicotine may lead to anxiety, irritability, difficulty concentrating, and loss of appetite. Vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes there is a change in friends and a decrease in activities that were once enjoyed.

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Physical symptoms. Physical side effects of vaping may include trouble breathing, headaches, cough, dizziness, sore throat, chest pain, and allergic reactions such as itchiness or swelling of the lips. More severe effects include worsening of asthma symptoms, lung disease or failure, and heart disease.

Signs of Vaping

One of the reasons vaping has been widely embraced by teens is because it is so easy to hide. Devices are small and can produce little scent and vapor. Still, there are some signs you can watch out for.

MONITOR PURCHASES

Watch for purchases made online and charged to your credit card or unusual packages that arrive in the mail. Kids also buy vape supplies from big box stores, gas stations, or friends. Monitor PayPal, Venmo, and overall spending for unusual activity.

SOCIAL MEDIA / ONLINE

Kids often brag about their vaping exploits on social media. Look for photos or references on their Instagram, Snapchat, YouTube, Twitter and other social media accounts. Take note of popular vaping terms in their online search history.

VAPING SLANG

You may notice vaping slang in text messages such as "atty" for an atomizer, "cart" for cartridge or "sauce" referring to e-juice. Getting "nicked" refers to the euphoria experienced with high doses of nicotine and feeling "nic sick" refers to heart palpitations, nausea/vomiting, or lightheadedness associated with the overuse of nicotine vapes.



Equipment

You may find e-liquid bottles, pods, cartridges, packaging, or devices that look like flash (USB) drives. Gel jars of concentrated marijuana extract (dabs), small tools to scoop dabs, and cartridges of THC oil or wax are signs of vaping marijuana.



Scent

The smell from vaping is faint, but you may catch a whiff of a flavored nicotine product, like **bubble gum, fruit, or chocolate cake**. Marijuana vapes can produce a skunk-like smell.

Vaping is new and constantly evolving. Make it your business to stay informed. WHEN's monthly newsletter makes it easy. Sign up here: **whendfcc.org/subscribe**. More information at **WHENdfcc.org**.