

NICOTINE (INHALED)

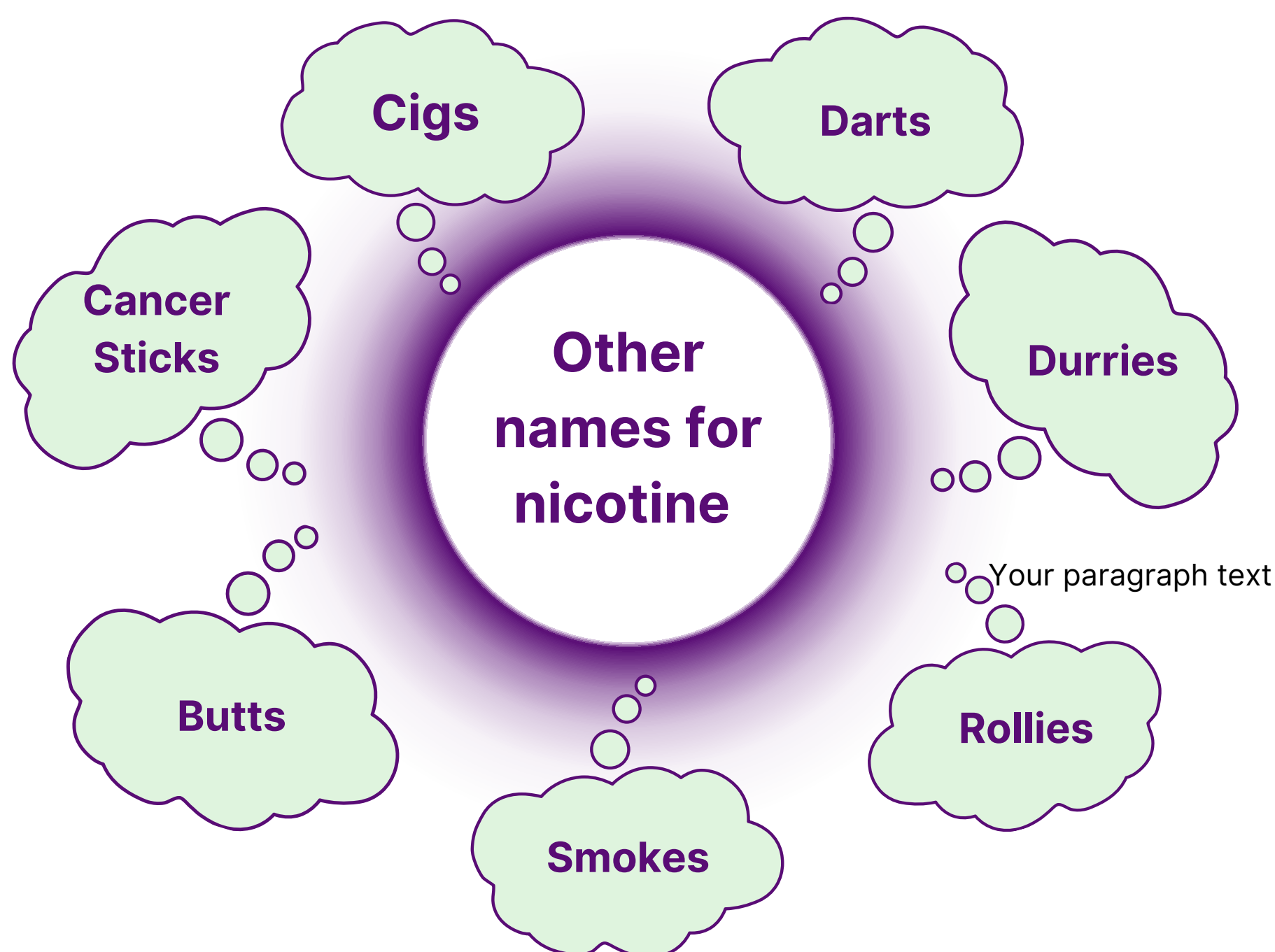
WHAT YOU NEED TO KNOW

What is it?

Nicotine is a stimulant



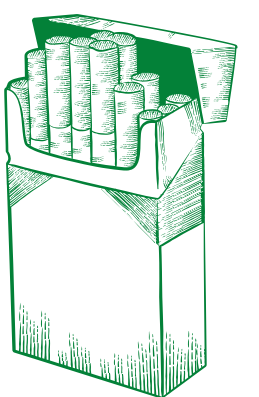
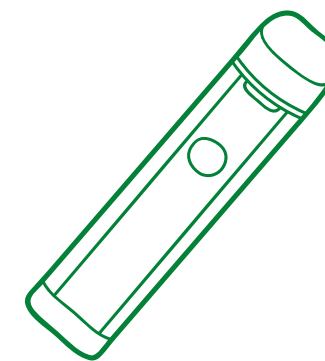
Nicotine speeds up the messages that are sent between the brain and body. It is rapidly absorbed through the bloodstream. Nicotine is a key component in cigarettes and e-cigarette or vaping products. It provides a fast relaxing effect, but is **highly addictive**. Regular use can lead to dependence.



How is it used?

Inhalation Methods: Nicotine is inhaled through cigarettes, pipes, or e-cigarettes (vapes).

Quit Smoking Aids: Nicotine is also found in replacement products like gum, lozenges, sprays, or patches.



What are the effects?



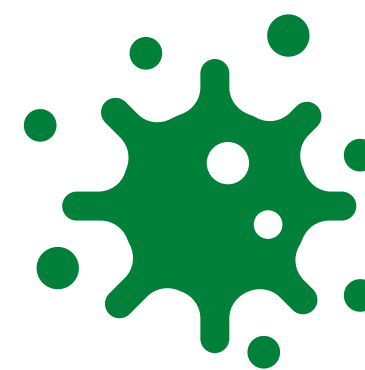
In the short term, nicotine can cause dizziness, headaches, and nausea.



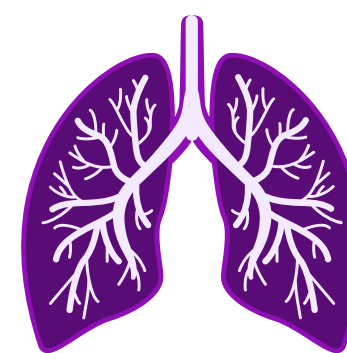
Nicotine may also induce feelings of faintness and a "head rush" leading to anxiety.



Smoking nicotine products increases the risk of various chronic diseases, such as heart disease and chronic obstructive pulmonary disease (COPD).



Nicotine can lead to circulation issues and increase the risk of infections, such as pneumonia.



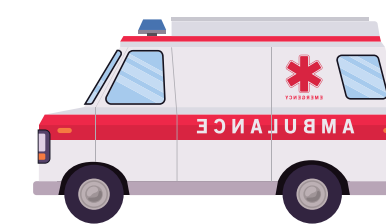
Nicotine can cause permanent lung damage, even when vaped.



Nicotine-induced lung damage can look like getting breathless during everyday activities, having a lot of mucus, and having a persistent cough.

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When do you seek emergency help?



Nicotine Overdose or Poisoning: Consuming a toxic level of nicotine can lead to overdose or poisoning, with the threshold varying among individuals.

Early Signs: Symptoms may include nausea, vomiting, and a rapid heart rate, which can progress to seizures.

Later Symptoms: Over time, heart rate may slow, causing dizziness due to low blood pressure. Muscle weakness, breathing difficulties, and loss of consciousness are late-stage indicators.

Seek Immediate Help: Nicotine poisoning can be fatal; seek medical attention promptly.

Did you know?

A cigarette has about 1 mg of nicotine.

A bottle of e-liquid can have more than 600 mg of nicotine. This is equivalent to 600 cigarettes, or 30 packs.



E-Liquids (Vape Juice)

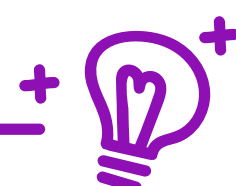
E-Liquids can have a nicotine concentration of up to 20 mg/ml.

In Newfoundland and Labrador, there is no regulation on the size of an e-liquid or the flavouring.

How to stay safer

- 1 **Prioritize Nicotine-Free:** Not using nicotine is the safest choice, though it may not be feasible for everyone.
- 2 **Avoid mixing nicotine with medications:** Nicotine can alter the effectiveness of medications.
- 3 **Original containers:** Store nicotine products in their original containers to reduce the risk of accidental consumption.
- 4 **Opt for lower concentrations:** Choose e-liquids with lower nicotine concentrations to minimize the risk of overdosing or dependency.
- 5 **Trust legal suppliers:** Purchase from regulated suppliers to avoid unreviewed products that may contain harmful contaminants or excessive nicotine.
- 6 **Know the resources available.** Quitting nicotine is beneficial for your health. Learn more about quitting from the [Smokers Helpline](https://www.smokershelpline.ca) at 1 866 366-3667

For more information visit us at:
www.DECYDE.ca



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