

## Vapour Products In and On School Property

Vapour products, commonly referred to as “vapes” or “e-cigarettes”, are readily available in local stores, gas stations, and on the internet. While they are marketed as harmless, studies indicate a need for caution.

To slow the growing use of vapour products among youth, stronger restrictions under the [Tobacco and Vapour Products Control Act and Regulation](#), as well as the new [E-Substances Regulation](#) and amendments to the [Health Hazards Regulation](#) under the *Public Health Act* came into effect in 2020. Changes include the restrictions to advertisement, the selling of flavorings other than tobacco to age-restricted stores only, and all e-substances (the vaping liquids also known as “e-juice”) must contain either nicotine at a maximum concentration of 20mg/mL, or cannabis, but never both combined. All e-substances that do not contain either nicotine or cannabis are prohibited for sale.

### Did you know?

- Vapour products (e-cigarettes) now have the same restrictions as tobacco products in B.C.
- The use of vapour and tobacco products is prohibited on public and private school grounds.
- It is illegal to sell or provide any vapour or tobacco products to someone under the age of 19.
- The use of vapour products is prohibited in a vehicle when someone under the age of 16 is present.

### What is a vapour product?



Vapour products have the following components: a heating element, a battery, a cartridge that contains an e-liquid and a mouth piece. Some, but not all, cartridges contain nicotine. Newer tank systems may be modified to use other substances, including other drugs.

### Are vapour products safe?

The health impact of repeatedly inhaling e-cigarette chemicals is unknown, and students or staff exposed to vapour may be at risk of lung irritation or asthma attacks. Nicotine is highly addictive and propylene glycol is a known irritant when inhaled. Flavours such as chocolate, candy and fruit appeal to children and youth, making vapour products a potential gateway to smoking. Vapour products may also undermine the efforts of youth who are trying to quit by making smoking seem normal and accepted.

### Will vapour products help young people quit?

Vaping is not recommended as a quit tool for young people; behaviour strategies such as counselling are. Youth can access free quit support and resources through QuitNow online (<https://quitnow.ca/>) or by calling 1-877-455-2233 or the FoundryBC (<https://foundrybc.ca/resource/vaping/>). Nicotine Replacement Therapies (NRTs) such as nicotine gum, patches, lozenges and inhalers, may be used with behavioural strategies for those with confirmed nicotine dependence. A doctor, nurse practitioner or pharmacist can provide more information on NRTs as well as assist in the unlikely need to use medication.

For more information contact: [tobaccoandvape@interiorhealth.ca](mailto:tobaccoandvape@interiorhealth.ca).