



# NEWS RELEASE

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For immediate release

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## **Prevent Child Poisonings from E-Cigarettes and Other Nicotine Products National Poison Prevention Week is March 20-26**

During National Poison Prevention Week, Panhandle Public Health District reminds Nebraskans that tobacco and other nicotine products are a serious poison threat to children.

With the increasing popularity of e-cigarettes, people who “vape” should be aware that a very small amount of the liquid nicotine used to refill e-cigarettes can be deadly for a child. The liquids – many of which have fruity flavors and aromas – can also be poisonous within a matter of minutes if spilled on the skin, according to the American Academy of Pediatrics.

Poison Control Centers across the U.S. reported a 145 percent increase in calls involving e-cigarettes and liquid nicotine between 2013 and 2014. The number of calls the Nebraska Regional Poison Center received related to e-cigarettes increased from 52 calls in 2013 to 107 in 2015.

“It’s very important that parents and caregivers store ALL tobacco and nicotine products out of reach of children,” said Tabi Prochazka, Tobacco Free in the Panhandle Coordinator. “Poisoning from conventional cigarettes is generally due to young children eating them. Poisoning related to e-cigarettes involves the liquid containing nicotine used in the devices and can occur by ingestion, inhalation or absorption through the skin or eyes.”

The toxic effects of nicotine range from vomiting, nausea, lethargy, gagging, a pale or flushed appearance, difficulty breathing, rapid heart rate, seizures and death.

If a child is exposed to or ingests liquid nicotine, contact the Nebraska Regional Poison Center immediately at 1-800-222-1222.

Anyone wanting to quit using tobacco products and/or e-cigarettes can contact the Nebraska Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit [QuitNow.ne.gov](http://QuitNow.ne.gov). It’s free and confidential 24 hours a day, 7 days a week.

For additional information visit [www.pphd.org](http://www.pphd.org) or call Tabi Prochazka, Tobacco Free in the Panhandle Coordinator, at Panhandle Public Health District at 308-487-3600 ext 107 or toll free at 866-701-7173. Funding for Tobacco Free in the Panhandle is provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.