

The Dangers of E-Liquids and Vapes

Many people are unaware that e-liquids – which are used inside e-cigarettes/vapes – are poisonous substances that can cause serious illness and even death.

Children are especially at risk of poisoning if they inhale or swallow e-liquids – they can be attracted to the bright colours and flavours of these products, easily confusing them for lollies or drinks.

Being aware of the potential dangers and implementing safety measures can help protect children from accidental exposure to e-liquids.

Understanding the dangers

- E-liquid vials are not always accurately labelled – products that claim to be nicotine-free can still contain various potentially harmful ingredients, including nicotine.
- Many of the products do not have child-resistant caps, making them easily accessible to children.
- There is a risk that e-cigarettes and their components can present a choking hazard for young children.

Safety tips

- Keep e-cigarettes and e-liquids locked away and out of the sight and reach of children.
- Children often mimic adult behaviour, so it's a good idea to avoid using e-cigarettes around them.
- Avoid mixing e-liquids or filling e-cigarettes when children are around.
- Dispose of e-cigarettes away from children.

First aid

The effects of nicotine poisoning can come on very quickly. If you think your child may have been exposed to nicotine, you should call the **Poisons Information Centre on 13 11 26** straight away.

If the child has stopped breathing, collapsed, having a fit or anaphylactic reaction, ring **Triple Zero (000)** for an ambulance.



For more information on the dangers of vaping and e-liquids, please visit the websites below:

[Better Health Channel](#)
[QUIT - Get the facts on vaping](#)
[VicHealth](#)

