



# Vaping

## and your health

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### Key points to remember:

- The best way to protect your health from the harms of vaping is not to vape, which includes not using e-cigarettes.
- Vaping can cause serious lung damage, trouble breathing, or a cough that lasts a long time or does not go away.
- If you vape or used to vape, talk to your doctor or nurse practitioner if you have chest pain, trouble breathing or a cough. Go to the emergency room if your symptoms are serious and you cannot wait to talk to your doctor.
- Young people who vape may be more likely to try smoking cigarettes.
- Vaping devices with nicotine are addictive, which means it can be hard to quit vaping.
- There is not enough information on the long-term harms of vaping to know all related health effects.

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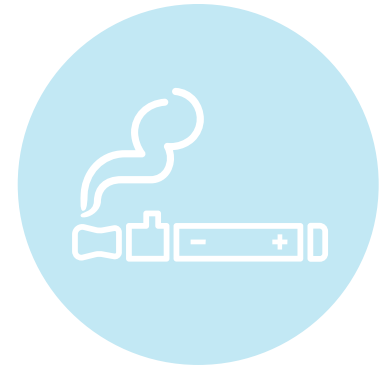
### If you smoke tobacco:

- Quitting smoking is the best thing you can do for your health.
- Research shows that vaping, including e-cigarettes, can help people quit smoking.
- If you find it hard to quit smoking after trying nicotine replacement therapy, prescription medications and counselling, talk to your doctor or nurse practitioner to find out whether using e-cigarettes might help you quit.

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## What is vaping?

- Vaping is when you breathe in an aerosol (a vapour or mist) from a vaping device.
- The vapour is made by heating liquid mixed with different flavours, nicotine or other substances inside a vaping device. The device uses a battery to create the heat.
- Vaping devices:
  - do not create smoke like cigarettes do.
  - may be used to heat oils and dried cannabis (sometimes called marijuana, pot or weed).
  - come in many different shapes and sizes. They also have many names, like electronic nicotine delivery systems (ENDS), e-cigarettes and vape pens.



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## Harms of vaping

The best way to protect your health from the harms of vaping is not to vape.

Vaping may cause:

- A cough that lasts a long time or does not go away.
- Trouble breathing normally, which can be serious and even life-threatening.
- Breathing in poisonous chemicals (including chemicals that can cause cancer).
- Raising your risk of heart attack and stroke if you already have heart disease.
- Injuries from explosions or fires caused by damaged vaping device batteries.
- Poisoning if the vaping liquid touches your skin or if you accidentally swallow vaping liquids.

There is not enough information on the long-term harms of vaping to know all related health effects.

**Talk to your doctor or nurse practitioner if you vape or used to vape, and have a cough, have trouble breathing, have chest pain or generally do not feel well.**



## Vaping can cause serious lung disease

- Many cases of lung disease associated with vaping have been reported in the United States and a few cases reported in Canada. Find out more from the Government of Canada’s web page, “[Vaping-Associated Lung Illness.](#)”
- The Centers for Disease Control and Prevention in the United States has reported that many of the lung disease cases are in people who have used vaping products with a chemical found in cannabis called THC (tetrahydrocannabinol).
- There is still a lot we do not know about the long-term impact of vaping on lung health.

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## Vaping and young people

- Many young people, including teenagers, are vaping or using e-cigarettes.
- Some vaping products have a lot of nicotine and are popular with young people.
- Nicotine might harm a growing brain, making it hard for young people to pay attention and learn.
- Vaping products with nicotine can lead to addiction, which means it can be hard to quit vaping.
- Young people who vape may be more likely to try smoking cigarettes.

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## E-cigarettes and quitting smoking

- Research shows that using e-cigarettes can help people quit smoking tobacco.
- E-cigarettes might help some people quit smoking tobacco when they could not quit using recommended options, like nicotine replacement therapy, prescription medications and counselling.
- The Government of Canada has not approved any vaping products to help people quit smoking.
- Quitting smoking is the best thing you can do for your health. If you smoke, talk to your doctor or nurse practitioner for advice on how to quit.



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## The laws and vaping

- The Smoke-Free Ontario Act, 2017 (SFOA, 2017) does not allow vaping of any substance in enclosed workplaces and enclosed public places, as well as other designated places in Ontario.
- It is illegal to sell or supply vaping products to anyone younger than 19 years old.

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## For more information about vaping

- Government of Canada website:  
[canada.ca/en/health-canada/services/smoking-tobacco/vaping.html](https://canada.ca/en/health-canada/services/smoking-tobacco/vaping.html)
- Government of Ontario website:  
[ontario.ca/page/where-you-cant-smoke-or-vape-ontario](https://ontario.ca/page/where-you-cant-smoke-or-vape-ontario)

This fact sheet was created in March 2020 and updated January 2023. Please contact the Population Health and Prevention unit, Ontario Health (Cancer Care Ontario) at [cancerprevention@ontariohealth.ca](mailto:cancerprevention@ontariohealth.ca) if you have any feedback.

### Acknowledgements:

Special thanks to the Patient and Family Advisors and all our expert reviewers who worked on this resource.

### Disclaimer:

The information provided herein is intended for informational purposes only and is not intended to constitute or be a substitute for medical advice. This guide does not include all information about the health impacts of vaping. Do not act or rely upon this information without seeking the advice of a qualified physician or other healthcare provider. Always ask your healthcare team if you have questions or concerns.

### Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca) PH145



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