Interior Health
Every person matters

Integrated Tobacco Program

Vapour Products In and On School Property

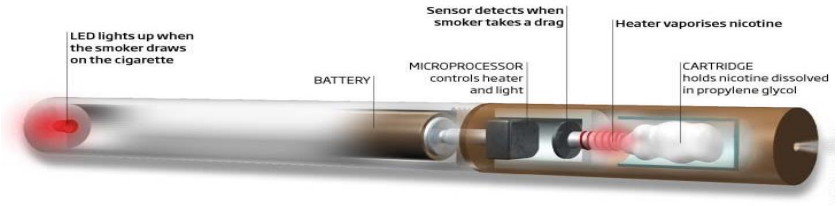
New provincial laws regulating tobacco and vapour products came into force September 1, 2016. This legislation is designed to help stop the growing use of vapour products by young people and protect them from the unknown effects of e-cigarette vapour. One in five youth in Canada has tried an e-cigarette[1].

1. 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 16 is present.
- These measures apply to all vapour devices and e-liquids, whether or not they contain nicotine.

2. What is a vapour product?

Vapour products have two main components: a battery-operated delivery system with micro-chip and atomiser that vaporizes a propylene glycol liquid solution to mimic the appearance of smoke, and a cartridge containing a liquid solution. Some, but not all, cartridges contain nicotine. Newer tank systems may be modified to use other substances, including other drugs.



Source: Health Canada

3. 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.

4. Will vapour products help young people quit?

It is unknown whether vapour products help people quit or if they are safe to use as a quit-smoking aid. Nicotine gums, patches, lozenges and inhalers, as well as the prescription medications bupropion (Zyban) and varenicline (Champix) have been proven to be safe and effective. Interior Health does not recommend using e-cigarettes as a tobacco cessation aid. Free quit aids are available through the BC Smoking Cessation Program. See your pharmacist for details.

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[1] ** Czoli CD, Reid JL, Rynard VL, Hammond D. E-cigarettes in Canada - Tobacco Use in Canada: Patterns and Trends, 2015 Edition, Special Supplement. Waterloo, ON: Propel Centre for Population Health Impact, University of Waterloo.*