

Vapour Product Fact Sheet

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 can also contain Cannabis, but never both combined. All e-substances that do not contain nicotine or cannabis are prohibited for sale.

What is a vapour product?

Vapour products come in various shapes and sizes, but overall they have four main components: a battery; a reservoir that holds the e-substance; an atomiser that heats the liquid for inhaling; and a mouthpiece. There are two main types of reservoir: Cartridges that contain a ready-to-use e-substance and tanks that are filled by the user. It allows modifications and the use of other substances, including other drugs.



Source: Health Canada

Who are the restrictions designed to protect?

The new restrictions are designed to protect youth from the health risks, the unknown effects of vaping, and from becoming addicted to nicotine. The Interior of BC has the highest rate of youth vaping, with 36% of grade 7 through 12 students admitting to having vaped in the past 30 days as reported in the 2018 BC Adolescent Health Survey. The new restrictions reduce youth access to vapour products, as well as limit exposure to its’ enticing and addictive features.

Are vapour products safe?

Health Canada advises that although vaping can be less harmful than smoking, it still poses health risks and should not be used by youth or non-smokers. Nicotine is a highly addictive substance and vaping has been associated with respiratory and heart disease. E-substance poisonings, especially among children and pets, are a growing concern due to the toxic nature of nicotine.

Will vapour products help me quit?

There is insufficient evidence whether vapour products help people quit or if they are safe to use as a quit-smoking aid. Nicotine gum, patches, lozenges and inhalers, as well as the prescription medications bupropion (Zyban) and varenicline (Champix); however, have been proven to be safe and effective. They can be accessed through the [BC Smoking Cessation Program](#). See your pharmacist or doctor for details. BC residents may also access free quit support and advice through QuitNow [online](#) or by calling 1-877-455-2233.

For more information contact: tobaccoandvape@interiorhealth.ca.