



**BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES**

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### **What Parents Need to Know About Teens and Vaping**

March 20, 2019 – Barnstable County Department of Human Services recently published an infographic entitled, **“Vaping and E-Cigarettes: What You Need to Know”** and provides parents with essential information on how to effectively guide teens and young adults on the topic of vaping use in a time when it has been deemed an epidemic by the Surgeon General.

#### **Key topics covered:**

- What is vaping;
- What are the characteristics of an e-cigarette and vape pod;
- Common ingredients in a vape;
- Recognizing the symptoms of ingesting too much nicotine;
- Tips on how to respond if your child is vaping.

Kim Slade, Substance Use Program Manager at Barnstable County Department of Human Services says, “Young people are particularly vulnerable to using e-cigarettes and vaping devices and to their effects. The younger a person is when he or she tries nicotine, the greater the risk of addiction not just to nicotine, but other substances as well. It’s important to help parents and youth understand the often confusing and conflicting information out there on the dangers of youth vaping.”

The infographic is available on the Barnstable County Department of Human Services [Regional Substance Use Publications and Data](#) webpage and the [My Choice Matters](#) website.

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#### ***Creating a Healthy Connected Cape Cod***

*The Mission of the Department of Human Services is to plan, develop, and implement programs which enhance the overall delivery of human services in Barnstable County and promote the health and social well-being of County residents through regional efforts that improve coordination of services.*