Electronic Nicotine Delivery Systems

The American Academy of Pediatrics released a 2015 policy statement focused on electronic nicotine delivery systems (including e-cigarettes) and how to protect children from the dangers posed by these products. This fact sheet shares the recommendations given in the statement.

Recommendations for the Pediatrician

1) Pediatricians should screen for ENDS use and provide prevention counseling in clinical practice.
   a. Screen children and adolescents, parents, and caregivers for ENDS use.
   b. Counsel children and adolescents about the harms of ENDS and the importance of remaining a nonuser of ENDS and all nicotine-containing products.
2) ENDS use should not be recommended as a tobacco dependence treatment product.
3) Parents, caregivers, and adolescents who use ENDS should be offered or referred for tobacco-cessation counseling and FDA-approved tobacco dependence pharmacotherapies as appropriate to their level of addiction and readiness to change.
4) Pediatricians should recommend to ENDS users that children should avoid contact with ENDS and ENDS solutions as well as secondhand and thirdhand aerosol exposure.
   a. Counsel parents and caregivers that ENDS and ENDS solutions be stored in child-resistant packaging and out of the reach of children.
   b. Counsel parents and caregivers about strategies to reduce exposure to ENDS aerosol, such as instituting bans on ENDS use in the home and car.
5) Pediatricians should be familiar with symptoms of acute nicotine poisoning and consider acute nicotine poisoning from ENDS solutions when treating a child with symptoms consistent with acute nicotine poisoning unexplained by other etiologies*.

Public Policy Recommendations

1) Reduce youth access to ENDS.
   a. Ban the sale to and use of ENDS for children and youth younger than 21 years.
   b. Ban Internet sales of ENDS and ENDS solution.
2) Reduce youth demand for ENDS.
   a. Ban all flavors in ENDS.
3) Ban advertising of ENDS in media/Internet/point-of-sale settings that can be viewed by youth.
4) Restrict depictions of ENDS and ENDS use in movies, TV shows, and video games. Require any movie, TV show, or video game with a depiction of ENDS or ENDS use to have an adult rating.
5) Protect youth from harms of involuntary ENDS, ENDS solution, and ENDS aerosol exposure.
   a. Protect youth and other nonusers from secondhand and thirdhand aerosol exposure.
b. Protect children from unintentional nicotine exposure and poisonings.
   i. The size of ENDS concentrated nicotine solution prefilled cartridges and containers should be limited to amounts that would not be lethal to a young child if ingested.
   ii. ENDS solutions containing nicotine should be dispensed in child-resistant packaging.
   iii. Child-resistant caps and other packaging technologies should be used to reduce the risk of exposure to children, including those that restrict the rate and amount of flow of liquid nicotine from a container.

c. Tax ENDS at the same rate as conventional cigarettes.

d. Apply funds for public health initiatives to protect youth and to study the health effects of ENDS on users and nonusers.

For more information about AAP tobacco policy statements and to access companion resources, please visit bitly.com/AAPpolicy.

* Contact the American Association of Poison Control Centers (1-800-222-1222)

if a liquid nicotine exposure occurs or there is concern for exposure.