

5 THINGS



you need to know about nicotine poisoning

1

How you get it

Too much nicotine — swallowed, inhaled, or absorbed — can be harmful, even deadly. Since e-liquid and nicotine pouches came on the market, nicotine poisonings have increased significantly. Nicotine poisoning is dose dependent: the less someone weighs, the less nicotine it takes.

2

How much nicotine is in different products

- E-liquid with nicotine salts: about 15 to 20 mg/ml
- E-liquid with regular or “freebase” nicotine: up to about 12 mg/ml
- Nicotine pouches: 4 mg each
- Cigarette: about 10 mg each (only about 15% of this is absorbed by smoking)

3

What happens when you get nicotine poisoning

At first: nausea, vomiting, rapid heartbeat, high blood pressure, headache, dizziness
Followed by: slower heartbeat, drop in blood pressure, shallow breathing, weakness

4

Nicotine poisoning can be a medical emergency

If the person has a seizure or difficulty breathing or loses consciousness, call 911. With enough nicotine, the respiratory muscles can become paralyzed, or the heart can stop, causing death.

5

Why nicotine products must be kept away from children and pets

Small children and pets can be poisoned by even tiny amounts of nicotine. Because young children like to explore their environment by putting things in their mouths, most nicotine poisonings occur in children under 5. E-liquids and pouches often look and taste like candy, and cigarette butts still contain nicotine. Keep all nicotine products out of reach.