

**CALL 1-800-222-1222**  
**FOR QUESTIONS ABOUT**  
**ALCOHOL OR TOBACCO**

## **E- CIGARETTES**

- Electronic cigarettes (E-cigs) are battery-powered devices that are filled with nicotine, flavor and other chemicals in varying strengths.
- E-cigs are the most common form of tobacco used among teens in the United States.
- E-cigs have not been out long enough to determine their safety, but still contain toxic chemicals.
- The liquid in e-cigarettes can cause serious nicotine poisoning if someone drinks, sniffs or touches it.
- Health effects
  - More common: Nausea, vomiting, headache, anxiety, tremors, racing heart and difficult sleeping
  - Less common: Confusion, seizures, irregular heart beat, chest pain, irritation or allergic reaction



## **DID YOU KNOW?**

- Poison centers in Texas receive thousands of calls about tobacco and alcohol each year.
- Alcohol is the third leading risk factor for premature death and disability.
- About **90%** of the alcohol consumed by youth under the age 21 in the U.S is in the form of binge drinking.
- Pregnant women who smoke are at increased risk for delivering their baby early or suffering a miscarriage, still birth or experiencing other problems with their pregnancy.
- Each day, nearly **3,200** people under 18 smoke their first cigarette.



### **Know when to call 911**

Call 911 when you see signs of distress

- Unconsciousness
- Difficulty breathing
- Difficulty swallowing
- Seizures or convulsions
- Chest pain
- Getting worse quickly

**POISON CENTER**  
**1-800-222-1222**

[poisoncontrol.org](http://poisoncontrol.org)



# **ALCOHOL & TOBACCO**



**TEXAS POISON CENTER NETWORK**

[poisoncontrol.org](http://poisoncontrol.org)



Call **1-800-222-1222** to reach your local poison center.

## ALCOHOL

- Alcohol is the most commonly used addictive substance in the United States.
- One in every 12 adults suffer from alcohol abuse or dependence.
- Alcohol intoxication is when a person's mental and physical abilities are impaired due to the consumption of alcohol.
- Drinking any product that contains alcohol can lead to alcohol poisoning, including household products such as mouthwash, perfume, hand sanitizer and hairspray.
- Alcohol poisoning is dangerous and can occur when a person consumes a large amount of alcohol in a short period of time.
- In large doses, alcohol can lead to death.
- Signs of alcohol poisoning
  - Confusion
  - Unconsciousness
  - Vomiting
  - Seizures
  - Slow or irregular breathing (<8 breaths a minute)
  - Low body temperature
  - Pale or blue skin
- Children are especially sensitive to alcohol, even in small amounts as these may cause a dangerous drop in blood sugar and/or coma.



## BINGE DRINKING

- Binge drinking is the practice of consuming large quantities of alcohol in a single session.
- Five or more drinks at one time for a man, or four or more drinks at one time for a woman.
- The usual content of alcohol
  - Beer 2-6% alcohol
  - Cider 4-8% alcohol
  - Wine 8-20% alcohol
  - Tequila 40% alcohol
  - Rum & Brandy 40% or more alcohol
  - Gin 40-47 % alcohol
  - Whiskey 40-50% alcohol
  - Vodka 40-50% alcohol
  - Liqueurs 15-60% alcohol

## TOBACCO

- Tobacco use is the leading cause of preventable illness and death in the United States.
- Tobacco is an addictive substance because it contains the chemical nicotine.
- Like heroin or cocaine, nicotine changes the way your brain works and causes you to crave more nicotine.
- There are over 4000 chemicals found in tobacco and more than 60 are cancer causing.
- Forms of tobacco
  - Cigarettes, cigars & pipes
  - Electronic cigarettes, e-cigs & vape pens
  - Hookah, water pipe, & shisha
  - Smokeless tobacco , dip, chew, snuff & dissolvable tobacco (can look similar to mint or candy)
- Health effects
  - Increased risk for oral, stomach, lung, bladder, kidney & esophageal cancer
  - Acute myeloid leukemia
  - Respiratory infection
  - Increased risk of stroke, heart attack, & coronary heart disease



*Emergency. Information. Prevention.*

**CALL US FIRST,  
24 HOURS A DAY,  
365 DAYS A YEAR!  
OUR SERVICES ARE FREE**