

Nicotine

| Questions | Answers |
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| 1. What are nicotine pouches? | A nicotine pouch is a small bag that contains a powder made up of nicotine and other ingredients such as flavourings and sweeteners. It is placed between the gum and lip or cheek. The body absorbs the nicotine as the powder dissolves. |
| 2. How much nicotine is in one pouch? | A pouch containing 4mg of nicotine is about the same amount of nicotine as if 3-4 cigarettes were smoked. Some pouches not approved by Health Canada can have much more nicotine per pouch. E.g. a nicotine pouch that says it is 20 mg/pouch would be about the same amount of nicotine as if someone smoked 20 cigarettes or a whole pack of cigarettes. |
| 3. How does nicotine affect someone's physical health? | <ul style="list-style-type: none"> • increased heart rate, • Increased blood pressure • irritation of the mouth and gums, • poor memory, • hard to focus, • more difficult to control impulses |
| 4. Will nicotine pouches harm my mouth (teeth & gums)? | We don't know for sure what nicotine pouches will do to your mouth in the long run. Using them often, especially those with a lot of nicotine, can irritate your gums or mouth. |
| 5. How does nicotine affect someone's mental health? | Some youth start using nicotine to manage stress. The truth is that it makes stress, anxiety and depression worse. |
| 6. True or False: Nicotine can affect a teen's memory and focus. | True. Nicotine can change how your brain grows. It can make it harder to remember things, focus, and control impulses. |

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| <p>7. Are nicotine pouches addictive?</p> | <p>Yes, nicotine is very addictive. Nicotine pouches can be especially risky for young people because the brain is still growing, and nicotine affects its development. A small amount of nicotine can create addiction which can then make it difficult to stop using nicotine pouches.</p> |
| <p>8. What does nicotine dependence look like?</p> | <p>Nicotine dependence means someone feels cravings for more nicotine and experiences withdrawal symptoms, like feeling irritable, getting headaches, or having trouble sleeping when the body doesn't get more nicotine.</p> |
| <p>9. How can someone who wants to quit or reduce using nicotine manage cravings?</p> | <p>They can take a walk, chew sugar-free gum, drink water, do breathing exercises or call a supportive friend. They can find out what works best for them. They can reach out for help (Phone 8-1-1, talk to a trusted adult, school counsellor, doctor/nurse practitioner).</p> |
| <p>10. Why are nicotine pouches so popular and why is that a problem?</p> | <p>Companies sell nicotine pouches in attractive packaging and in many flavours. They can look and taste like candy. This makes them appeal to young people who may not be aware of the harmful effects of nicotine.</p> |
| <p>11. A) True or False: Health Canada must approve nicotine pouches that are sold in Canada.</p> | <p>True. Nicotine pouches approved for sale in Canada are regulated and can only be sold from behind the counter in pharmacies to adults who want to quit smoking. They are not intended for use by those who do not smoke or are under the age of 18 years.</p> |
| <p>11. B) What are some reasons to avoid nicotine pouches that are not approved for sale in Canada?</p> | <p>Many have high amounts of nicotine which can be dangerous and lead to nicotine poisoning. Some may contain unknown chemical ingredients or other chemicals that we don't know enough about and may be harmful to human health.</p> |

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| <p>12. Are nicotine pouches intended to be used by youth?</p> | <p>Certain nicotine pouches are approved for sale in Canada as a nicotine replacement therapy for adults (18 yrs. and older) who are trying to quit smoking.</p> <p>Nicotine is highly addictive. It can change the development of the teen brain causing problems with memory, concentration and impulse control. Nicotine also affects mental health and can make feelings of stress, anxiety and depression worse. If you are not using nicotine don't start and if you are, there is help to quit. (QUASH)</p> |
| <p>13. What other products is nicotine found in?</p> | <p>Nicotine is found in cigarettes, cigars, nicotine pouches and nicotine vapes (e-cigarettes).</p> |
| <p>14. How can someone get nicotine poisoning?</p> | <p>Nicotine poisoning can happen if a person uses too much nicotine or gets it into their body in the wrong way. This can happen by:</p> <ul style="list-style-type: none"> • Swallowing nicotine products like vape liquid or pouches • Getting liquid nicotine on their skin • Breathing in too much from vaping or smoking • It's especially dangerous for kids because even small amounts can make them very sick. |
| <p>15. What are the signs that someone might have nicotine poisoning?</p> | <p>Some signs of nicotine poisoning include:</p> <ul style="list-style-type: none"> • Feeling sick or throwing up • Stomach pain • Headache or dizziness • Fast heartbeat • Sweating a lot • Trouble breathing <p>If any of these signs occur, seek medical attention and if using nicotine stop.</p> |

16. Why is it important to store nicotine products like vapes, cigarettes, or nicotine gum in a safe place?

It is important to store nicotine products in a safe place so that children and pets cannot get to them. These products can be very harmful or even poisonous if someone who shouldn't use them accidentally eats or touches them. Keeping them in a locked cabinet or high shelf helps keep everyone safe.