



Hampton Township School District

Hampton High School

Dr. Marguerite Imbarlina, Principal

Mr. Michael Amick, Asst. Principal

Mr. Joshua Cable, Asst. Principal



September 13, 2018

Good afternoon,

This communication is intended to educate families on the rising trend of high school students using [vaping devices](#), such as JUULs.

JUUL devices heat up a cartridge containing nicotine-laced oil to create vapor that can be inhaled. The JUUL device is small enough to conceal in a closed fist, and it resembles a USB flash drive (pictured below), which is how it is charged for further use. **The nicotine in one JUUL cartridge is equal to one pack of cigarettes.** Unfortunately, JUULs seem to be the most abused vaping device among Hampton High School students.



At this time, the FDA is attempting to regulate vaping devices; however, vaping devices have already flooded the adolescent market, so it is best that you are informed of the risks so that you can start a conversation with your son or daughter to prevent or eliminate the use of vaping devices.

Inhaling an unknown or unregulated substance could be dangerous, and some cartridges that are purchased for vaping could include an illegal drug, such as marijuana or an opiate. During a meeting on drug trends in the Greater Pittsburgh Area, a DEA agent reported that two high school students, one in Butler county and one in Beaver county, overdosed during the school day from vaping cartridges that they purchased online that contained an opioid substance. Both students were resuscitated using naloxone (brand name Narcan).

At this time, not enough research has been conducted on vaping devices, so we do not know the long term effects of vaping on the human body. The key findings we know so far are listed on the next page with their source information.

- **Vaping liquid could include toxins, nicotine, marijuana, opiates, and other substances that are harmful**
Link: <http://nationalacademies.org/hmd/Reports/2018/public-health-consequences-of-e-cigarettes.aspx>
- **Vaping nicotine can damage your blood vessels**
Link: <https://www.medpagetoday.com/meetingcoverage/ers/67802>
- **Vaping weakens your immune system**
Links: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363846/>
<https://www.ncbi.nlm.nih.gov/pubmed/28495856>
- **People who vape are four times more likely to start smoking cigarettes**
Link: <https://www.ncbi.nlm.nih.gov/pubmed/29242110>

Thank you for reviewing the information in this e-mail. If you have questions or concerns about your own child, please contact his or her school counselor or pediatrician.

Sincerely,

Dr. Marguerite Imbarlina
Principal