E-liquid is a fluid used in electronic cigarettes (e-cigarettes). It is heated into an aerosol (vapor) that users inhale. E-liquid comes in over 7,000 flavors, like tobacco, mint, bubble gum, and grape, many of which appeal to children.

**Ingredients**
There is no standard process for making e-liquid. But it often contains:
- Nicotine, the addictive drug in regular cigarettes
- Propylene glycol or vegetable glycerin
- Flavorings, which can include unsafe contaminants like trace metals
- Water

**Aerosol**
E-liquid aerosol is not just “water vapor.” Aerosol can contain:
- Nicotine, which can be absorbed by non-users like children
- Carcinogens like:
  - Formaldehyde
  - Benzene
- Traces of metal and other chemicals

**Poisoning Risks**
The nicotine solution in e-cigarettes, also known as e-juice, is not just harmless “juice.” Children have been poisoned from e-liquid.
- A new law requires childproof packaging for e-liquid, but it may take time before it is fully enforced.
- Flavors, like gummy bear and cotton candy, may entice children to drink from e-liquid bottles or put e-cigarette cartridges in their mouth.
- Swallowing nicotine or having any contact with the skin can cause nausea and vomiting.
- Some children have gone to the ER because of severe poisoning from e-liquid, with symptoms such as seizures and serious breathing problems.

**How to Keep Children Safe**
- Always keep e-cigarettes and e-liquid locked up and out of the reach of children.
- Safely dispose of e-liquid. Put used bottles or cartridges in a sealed container, like a plastic bag. Mix in something inedible, such as dirt, cat litter, or used coffee grounds.
- If a child swallows e-liquid or gets it on their skin, immediately call your local poison center at 1-800-222-1222.