



## Vaping-What You Need to Know

## Did you know??

Recently there has been a rise in the use of e-cigarettes and vapor pens as an alternative to smoking. Many college campuses and younger adults prefer e-cigarettes and vapors to actual cigarettes. Across the area we have seen more stores that offer and sell products.

For those of you who are unfamiliar, vaping is actually inhaling water vapor into your lungs. When using an e-cigarette or a vapor pen (pipe) there is a heating element that turns electronic cigarette liquid (called e-liquid or "juice") into vapor. E-liquid can come in many forms that use nicotine, marijuana, alcohol, or other forms to be used in an e-cigarette or vapor pen. The vapor is inhaled into the lungs and breathed out similar to smoking a cigarette. **These products are not legal for anyone under the age of 18.**

We want you to know that there have been some students who have used or brought e-cigarettes and vapor products to school. While some vapor products may not contain nicotine, they are still not legal nor are they good for students. **As a school district, we do not allow the use of inhalants unless they are prescribed by a doctor.**

While it is not always an easy conversation, we encourage you to talk with your child about the harmful effects of tobacco, alcohol, and illegal drugs. A conversation alone reduces the likelihood that they will use tobacco, alcohol, and illegal drugs

Here's a few tidbits of info to consider:

- The seasonal flu is starting to hit our area and is suppose to be pretty bad this year- the flu vaccination preparers aren't sure their formula will cover all strains. Please stay vigilant about working with your child on **handwashing, proper cough etiquette, and good eating/ sleeping habits**. Also, remember to keep your child home with any fevers (**without anti-fever medicine**), vomiting or diarrhea for at least 24 hours after the last episode or symptom free.
- Second hand smoke can be the cause of many lung issues in children and in particular asthma and upper respiratory infections. For parents who smoke, be aware that 98% of kids with a parent/ guardian who smokes have measurable levels of tobacco toxins in their bodies, and are twice as likely to become smokers themselves. You are their idol and often they imitate any of your habits!!
- All 7<sup>th</sup> graders are required to have a booster Tdap. So **6<sup>th</sup> grade parents**, make your appointments now and get this done so you have one less thing to do next year. Your child may have already received this immunization or had a tetanus within 5 years. If so, obtain the documentation from your MD **and send it to the clinic at LIS.**

## Helpful Resources

## Health Insurance

Here are a few resources that may help:

- Hamilton County Public Health (HCPH) website for updates on vaccine clinics and other health related issues : [www.hamiltoncountyhealth.org](http://www.hamiltoncountyhealth.org)
- For food and some cleaning needs, visit [www.lovelandlifefoodpantry.org](http://www.lovelandlifefoodpantry.org) or call 513-583-8222.
- If you child is in **need of a dental exam** and/ or cleaning, we may have some resources for you. Please call 677-7973 and leave a message.

If you are in need of health insurance and have any questions, you can access assistance through the following places:

- [www.ohiobenefits.org](http://www.ohiobenefits.org) or call 1-800-648-1176 where you can sign up for insurance and many other benefits easily online.
- If you would like assistance in filling out insurance, you can call 513-576-7700 ext 3622 or check out the website : [www.insuranceHhealthsourceofohio.com](http://www.insuranceHhealthsourceofohio.com)
- **Reminder for those signing up the marketplace: Deadline is December 15.**