CAUTION: CHECK YOUR VAPE OILS

They May Be Dangerous and Even Illegal

For some people, vaping is an alternative to cigarettes and there are many types of vaping liquids, oils and devices. But do you know what you’re vaping? Find out before you put your career and your health at risk!

WHY IS SOME VAPE OIL ILLEGAL AND DANGEROUS FOR SERVICE MEMBERS?

- Some vape oils – advertised and unadvertised – may contain cannabidiol (also known as CBD).
- CBD can be pure or synthetic (man-made) and is a main ingredient in marijuana1 – a substance that is ILLEGAL for Service members to use.
- It’s dangerous because vaping liquids and oils are not regulated by the Food and Drug Administration (FDA). This means that not all the ingredients may be listed on the package, and you risk vaping in harmful or illegal chemicals, such as synthetic cannabinoids, that could hurt your health and career.ii
- Keep your mission readiness in mind, and consider your use of these products carefully.

WHY CAN CBD VAPE OIL BE A CAREER-ENDER?

- The use of CBD is against military policy and is punishable under the Uniform Code of Military Justice (UCMJ).
- If that’s not bad enough, you could be putting your battle buddies at risk. Any substance that impacts the health and well-being of Service members impacts your ability to do your job well.
- If you use CBD vape oil (pure or synthetic), you are not fit for duty because you could harm yourself and your fellow Service members on the job.

DID YOU KNOW THAT VAPE OIL THAT CONTAINS SYNTHETIC CANNABINOIDS CAN CAUSE SEIZURES, MEMORY LOSS AND OTHER DANGEROUS HEALTH EFFECTS?

Some documented side effects of synthetic cannabinoids vape oil are:

- Seizures/unconsciousness
- Vomiting/nausea
- Headaches/dizziness/lightheadedness
- Memory loss
- Saggy eyes/dilated pupils
- Feeling disconnected from oneself
- Slurred speech/stuttering
- Anxiety/racing heartrate
- Muscle twitching
- Cognitive impairment (such as decline in thinking skills, confusion, poor motor coordination, impaired judgement)
- Erratic behavior/moodiness/irritability
- Extreme fatigue
- Dry mouth
- Low blood pressure
- Drowsiness iv

To learn more about CBD, visit: https://www.opss.org/faqs/cannabidiol-are-products-cbd-legal.

Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil

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2 https://phc.amedd.army.mil/topics/healthyliving/ftl/Pages/VapeOils.aspx
4 https://medlineplus.gov/druginfo/natural/1439.html