

Disposable Nicotine Vapes: Elf/Geek Bars

At Early Break we have gathered information from young people and adults who have used “Geek and Elf Bars” and put together a resource to inform others of what we know about them (up to now), The reported effects and potential risk, as well as ways to keep safe if people continue to use them.



Geek Bars



Elf Bars

What are they?

- Disposable nicotine vapes that come in a variety of colours/flavours and cost between £5-8.
- Some of these come in strengths up to the legal limit of 20mg [2%] whereas others have reported been found to be 50mg [5%].
- Contain “600-1500 puffs” in each bar.
- Equivalent to smoking up to 125 cigarettes (the strongest ‘1500 puffs’ Geek Bar).
- They look similar to highlighter/marker pens.
- It is reported that they contain “nicotine salts” which allows a user to vape a higher nicotine strength without the harsh aftertaste or “roughness” on the throat.
- Can be bought on social media (Snapchat etc.) local newsagents and/or from friends.
- They are illegal to sell to under 18s and over 20mg is not regulated in the UK.
- Disposable vapes are bad for the environment as they are not reusable and hard plastic is non-recyclable.



Effects

- | | |
|------------------------|----------------------|
| • Headaches* | • Nosebleeds* |
| • Dizziness* | • Dry mouth* |
| • Shortness of breath* | • Stress relief* |
| • Nausea* | • Faster heart rate* |

**Please note that these effects have been reported by young people and users of disposable vapes not from research as these are a fairly new way of vaping. Amendments will be made when further research has been carried out.*



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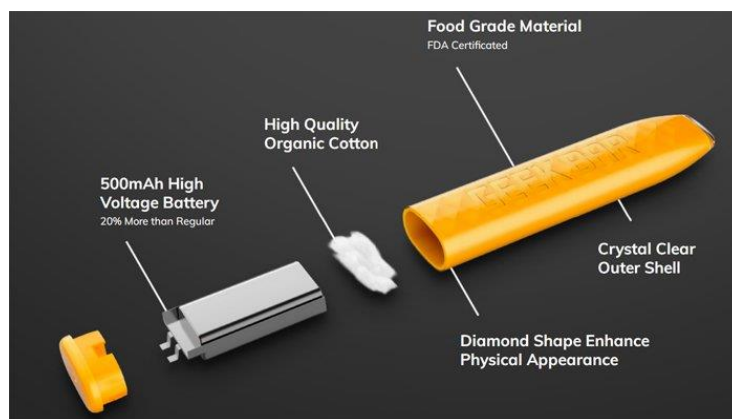


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Potential risks

- Nicotine addiction.
- Could lead to smoking cigarettes.
- No long-term research/evidence of the impact of vapes on health.
- Sharing of vapes could lead to passing viruses/infections.
- Some vapes have been reported to have been tampered with, so could contain illicit substances.



Components of a Geek Bar

Harm reduction advice: Ways to keep safe!

- Not advised for young people who have never smoked cigarettes or had nicotine before.
- Avoid sharing vapes due to the risk of sharing viruses and potential unknown substances in another person's vapes.
- Take time when vaping – don't vape continuously. 12 puffs of a 20mg Geek Bar is equivalent to 1 cigarette.
- Put the vape down or away from reach in-between vapes to avoid temptation to over use. This will help reduce your nicotine intake.
- Buy from reputable shops rather than on social media or via friends.
- Don't buy vapes over 20mg [2%] as 50mg [5%] is not regulated in the UK [it is illegal].
- Don't use around non-smokers.
- Nicotine is an addictive substance so ensure you are having "vape-free" days.
- **Seek medical attention if you become unwell from using.**
- **Speak to local smoking cessation service via GP/School Nurse for advice on reducing nicotine intake or Early Break for concerns with vapes containing illicit substances.**



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