

tpcp fact sheet

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Double-check
your school
tobacco
policy to
make sure it
includes *all*
tobacco
products.

Dissolvable Tobacco: What Schools Should Know

Tobacco companies are constantly creating and marketing new products. While tobacco in any form is **dangerous** for children, **dissolvable tobacco** also provides **teens** with an easy way to hide tobacco use on **school property**.

A number of different **brands** of dissolvable tobacco are making their way to the market, including Stonewall, Camel Orbs, Sticks and Strips. A product currently available in **New Hampshire** is Ariva, which comes in the form of a small, flavored tobacco pill that dissolves in the mouth.

What is dissolvable tobacco?

- It is made from finely milled tobacco that is held together with food-grade binders
- Each Ariva pill contains 1.5 mg of nicotine, slightly less than the amount delivered from smoking one cigarette
- It is placed on tongue or between the cheek and gum so that it dissolves, releasing nicotine

What does it look like?

- Small and rectangular, similar in appearance to a package of candy, mints or pills
- Available in flavors such as Wintergreen, Mint or Java
- Small enough to fit in a pocket

Why should schools be concerned?

- It is easier to use and hide dissolvable tobacco on school property
- Teenagers may use it as a replacement for cigarettes or smokeless tobacco
- It is easier to take more than one pill at a time providing much higher doses of nicotine

Nicotine can make students sick.

These symptoms result if small amounts are ingested:

- Paleness
- Sweatiness, shakiness
- Nausea and vomiting
- Increased amounts of saliva

More serious symptoms result if larger amounts are experimented with:

- Changes in blood pressure
- Changes in heart rate
- Confusion
- Seizures or coma

For additional information about nicotine toxicity and/or guidelines for handing these exposures, contact the Regional Center for Poison Control and Prevention at **1-800-222-1222**.

For additional information on School Tobacco Policies call the New Hampshire Tobacco Prevention & Control Program at 800-852-3345.

www.trytostopnh.org **1-800-Try-To-STOP (1-800-879-8678)**