

ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

SNUS

Tobacco science, exposure response and a practical quit-support plan.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

This companion corrects the episode's homemade-pouch claims and gives five real-world care and prevention steps. It contains no tobacco recipe.

[NUKE ON TIKTOK](#)

[MORE FREE BUILD GUIDES](#)

SOURCES / CDC: nicotine pouches · Poison Control: nicotine

[BUILD MAP](#)

[NEXT](#)

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Phone and local emergency number
- Trusted adult or healthcare contact
- Product package, if exposure occurred
- Water for exposure rinsing
- Pen for a personal support plan

BEFORE YOU START

Nicotine science and exposure response, not a tobacco recipe. Young people should not use nicotine. Emergency symptoms: start at Step 01.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

READ IN ORDER

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QUICK REFERENCE / PAGE 12

SETUP

Know what the pouch contains

READ BEFORE STEP 01

PREP

Snus and leaf-free nicotine pouches are different products.



TWO PRODUCTS, SHARED CONCERN

- **Traditional snus contains tobacco.**
- Nicotine pouches contain nicotine and other ingredients without tobacco leaf.
- A tobacco-free label does not mean nicotine-free.

WHAT NICOTINE DOES

- **Nicotine is absorbed through the lining of the mouth and can cause dependence.**
- Young people should not use these products; nicotine can harm the developing brain.

SOURCES / CDC: nicotine pouches

BUILD MAP

PREVIOUS

NEXT

SETUP

Check the episode claims

READ BEFORE STEP 01

PREP

A homemade mixture is not a tested product.



NO SAFE RECIPE HERE

- **The video does not establish a measured nicotine dose, verified ingredients or validated processing.**
- Adding ash or heating tobacco does not demonstrate that a pouch is safe.
- Do not copy its preparation or taste-test it.

SMOKE-FREE STILL HAS RISKS

- **Smokeless tobacco can damage gums and teeth and contains cancer-causing chemicals.**
- Risks differ between products; a homemade pouch is not established as equivalent to a regulated product.

SOURCES / CDC: smokeless tobacco · CDC: nicotine pouches

STEP

Spot an emergency

1 OF 5 / READ IN ORDER

01

After possible nicotine exposure, check the person immediately.



- EMERGENCY HELP NOW
- **Call 911 in the United States, or your local emergency number, for collapse, seizure, breathing difficulty or inability to wake the person.**
 - Follow the dispatcher.

- OTHER WARNING SIGNS
- **Nausea, vomiting, sweating, tremor or unusual agitation can follow nicotine exposure.**
 - Get poison advice promptly.
 - Do not wait for severe symptoms; even part of a pouch can poison a child.

SOURCES / Poison Control: first aid · Poison Centers: pouches

STEP

Stop further exposure

2 OF 5 / READ IN ORDER

02

Get a trusted adult involved; someone should call while care begins.



IF FULLY AWAKE

- **Spit out the pouch or loose tobacco.**
- Gently remove visible mouth residue; rinse and spit if safe.
- Never force anything into an unconscious person's mouth.

SKIP HOME REMEDIES

- **Do not induce vomiting.**
- Skin exposure: remove contaminated clothing and rinse under running water for at least 15 minutes.
- Eye exposure: rinse for 15-20 minutes.
- Call poison experts for further directions.

SOURCES / Poison Control: nicotine · Poison Control: first aid

BUILD MAP

PREVIOUS

NEXT

STEP

Call and share the details

3 OF 5 / READ IN ORDER

03

United States Poison Control: 1-800-222-1222.



CALL PROMPTLY

- **For suspected nicotine exposure, call Poison Control or use poison.org for case-specific help.**
- Elsewhere, contact your local poison service.
- Do not delay to collect every detail.

BRING USEFUL INFORMATION

- **Keep the package.**
- Share the person's age, the product, approximately how much, when exposure happened and current symptoms.
- Say if the mixture was homemade or its strength is unknown.

SOURCES / Poison Control: nicotine · Poison Control: first aid

STEP

Prevent the next exposure

4 OF 5 / READ IN ORDER

04

Small pouches can be mistaken for harmless objects.



STORE SECURELY

- **Ask an adult to keep all nicotine products out of children's sight and reach.**
- Discarded nicotine products also belong in containers children cannot open or access.

CHECK SHARED SPACES

- **An adult should check bags, low tables and play areas.**
- Never leave nicotine products in food containers or hand them to a younger child.
- Keep poison-service contact details with first-aid supplies.

SOURCES / Poison Control: nicotine · Poison Centers: pouches

STEP

Make a quit-support plan

5 OF 5 / READ IN ORDER

05

For ongoing support, after urgent exposure has been handled.



BUILD YOUR SUPPORT TEAM

- **Tell a trusted adult, school nurse or clinician you want help with nicotine.**
- Choose a quit date and note craving triggers.
- Ask a clinician about treatment suited to your age.

PLAN A CRAVING RESPONSE

- **Change activity, walk or talk to a supportive person.**
- Cravings pass; a setback means adjust the plan.
- In the United States, 1-800-QUIT-NOW connects you with free quit support.

SOURCES / NCI: teen quit plan · NCI: nicotine cravings

NOTE

Write your plan here

KEEP THESE LIMITS WITH THE STEPS

REF

Keep these notes private and easy to find.



MY SUPPORT PLAN

- **Trusted adult or clinician:** _____.
- Local poison service: _____.
- One trigger I can change: _____.
- One activity I will try: _____.

MY NEXT CHECK-IN

- **Date:** _____.
- Person I will contact: _____.
- If cravings persist or quitting feels difficult, bring these notes to a clinician.
- This worksheet is a planning aid, not a prescription.

SOURCES / NCI: teen quit plan · NCI: nicotine cravings

NOTE

Keep the useful lesson

KEEP THESE LIMITS WITH THE STEPS

REF

Recognize exposure. Get help. Make the next day safer.



SAVE THIS CONTACT CARD

- **Emergency symptoms: call your emergency service.**
- Other suspected exposure: contact a poison expert promptly.
- United States: 911 / Poison Control 1-800-222-1222.
- Elsewhere: write local numbers on the previous page.

RETURN WHEN NEEDED

- **Use the final Quick Reference to find the five actions.**
- Tap a source for original guidance.
- Illustrations identify the episode; they do not demonstrate tobacco preparation or use.

SOURCES / Poison Control: first aid · Poison Centers: pouches

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Nicotine science and exposure response, not a tobacco recipe. Young people should not use nicotine. Emergency symptoms: start at Step 01.

- 01

Check urgent signs

Collapse, seizure, breathing trouble or unresponsiveness: emergency services.

P05
- 02

Stop exposure

Spit out tobacco if awake; never induce vomiting. Rinse exposed skin/eyes.

P06
- 03

Call poison experts

US 1-800-222-1222; share product, timing and symptoms.

P07
- 04

Prevent another exposure

Keep nicotine and discarded products inaccessible to children.

P08
- 05

Plan quit support

Tell a trusted adult or clinician; choose a craving response.

P09

NUKE SAYS

Keep the guide. Skip the homemade pouch.

SOURCES / Poison Control: first aid · Poison Centers: pouches