



### Did you know?

By the eighth grade, **one in five** young people has used an inhalant to get high, risking brain damage and death.

Young people can get high on more than 1,000 legal, useful, everyday products.

### Prevention

- Talk with your children.
- Teach them the dangers of this abuse.
- Education must start at a young age.
- Inhalant abuse often begins in elementary school and can lead to further drug abuse, lifelong problems or even death.
- If you suspect inhalant abuse, consult a school counselor, doctor or drug counseling center.



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Poison Center

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## Inhalants



Death is only a breath away.  
Know how to keep your family safe.



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## What

Inhalants are chemicals that cause a person to feel “high” after inhaling or breathing them in.

## Why

People abuse inhalants because:

- They feel pressure from peers.
- Inhalants are cheap and easy to find.

## How

Common ways to abuse inhalants are:

- **Huffing** - Breathing in fumes from a cloth soaked in a chemical
- **Sniffing** - Breathing in fumes from an open container or filling a closet or car with vapors
- **Bagging** - Placing the substance in a plastic bag and holding it over the mouth and nose
- **Spraying** - Spraying a substance directly into the mouth



## Signs

Signs of inhalant abuse may include:

- Red or runny eyes or nose
- Spots or sores around the mouth
- Unusual chemical breath odor
- Drunk, dazed or dizzy appearance
- Nausea, loss of appetite
- Anxiety, excitability, irritability
- Disappearance of household products
- Discovery of chemical-soaked rags, socks or bags

## Effects

Abuse of inhalants may cause many harmful effects such as:

- Permanent damage to the nervous system, lungs, kidneys and other organs
- Coma or death
- Danger to unborn children when used by pregnant women
- Poor judgment, vision and coordination, and loss of many other skills needed for safe driving and making safe decisions

In addition, mixing inhalants with other drugs, especially depressants like alcohol or tranquilizers, is hazardous.



## Substances

Abused substances include everyday products found in the home.

### Kitchen

- Butane
- Cooking spray
- Lighter fluid
- Whipped cream propellants

### Bedroom

- Aerosol computer board cleaners
- Hair sprays
- Nail preparations

### Garage

- Gasoline
- Kerosene
- Refrigerants
- Turpentine

### Workshop

- Aerosol sprays
- Felt tip markers
- Glues and adhesives
- Paint and paint thinners
- Solvents
- Spray paints

