

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.

**POISON
Help™**
1-800-222-1222

Call toll-free seven days a week.

For hearing impaired:
TTY (414) 266-2542

Interpreters are available to help all non-English speaking callers.

For poison education information contact:

Wisconsin Poison Center
Cathy Smith • csmith@chw.org • (414) 266-2630
Anna Travis • atravis@chw.org • (414) 266-3816
or
University Hospital Poison Prevention and Education Center
Donna Lotzer • ppec@hosp.wisc.edu • (608) 265-8160

1-800-222-1222
www.wisconsinpoison.org

This brochure is supported by funds received through grant #H4BMC00005-04-00 awarded by the Department of Health and Human Services, Health Resources and Services Administration. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Health Resources and Services Administration, Division of Healthcare Preparedness, Healthcare Systems Bureau.

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Inhalants



Death is only a breath away

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.
- Correction fluid.
- Lighter fluid.
- Whipped cream propellants.

Bedroom

- 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.



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