

Household Hazards

If you have ever been to a gas station, painted a model airplane, or done heavy housework, you've smelled "inhalants." What people call "inhalants" are hundreds of different chemicals created to do ordinary things around the house. These products often have warning labels that say to use them carefully with "adequate ventilation," (open windows and doors or use them outside) in order to be safe.

When used improperly, household chemicals are *poisons*! Their fumes contain poisonous ingredients—"toxins."

Since these products are so dangerous, why would someone breathe them on purpose?

It seems crazy, but some kids do inhale chemicals on purpose, sniffing the fumes or "huffing" them from chemical-soaked rags held to their faces. Their sense of time and space is changed. They feel lightheaded and they see or hear things that aren't there.

Why would sniffing poison seem fun?

Nobody knows why, but scientists *do* know what it does to the body.

Inhalants are what scientists call "depressants." They slow down the brain and then the entire body. After inhaling chemicals, people experience dizziness, blurred vision, slurred speech, and stumbling. They can't make good decisions.



Scent of Death

Most kids who try inhalants think it's harmless. In fact, inhalants do damage to the human body that cannot be reversed! People who abuse inhalants can have permanent severe brain damage, and do long-lasting harm to their health.

If someone inhales too much at once or for too long, inhalants cause unconsciousness or death. Dozens of people die each year from inhalant use. It's called "Sudden Sniffing Death," and it can happen on the first try.

Sudden Sniffing Death Details

www.intheknowzone.com/inhalants/ssdd/

Whatever you take into your body, whether by eating it, drinking it, injecting it, or breathing it in, affects your health *somehow*. Household chemicals have real, good uses, but being inhaled isn't one of them. If you want to feel high, go outside on a sunny day and take a giant breath of fresh air.

Dangerous Inhalants

www.intheknowzone.com/inhalants/health/

For More Information

Go to www.intheknowzone.com

for an extension of this pamphlet.

Increase your knowledge using the information, statistics, images, and links.

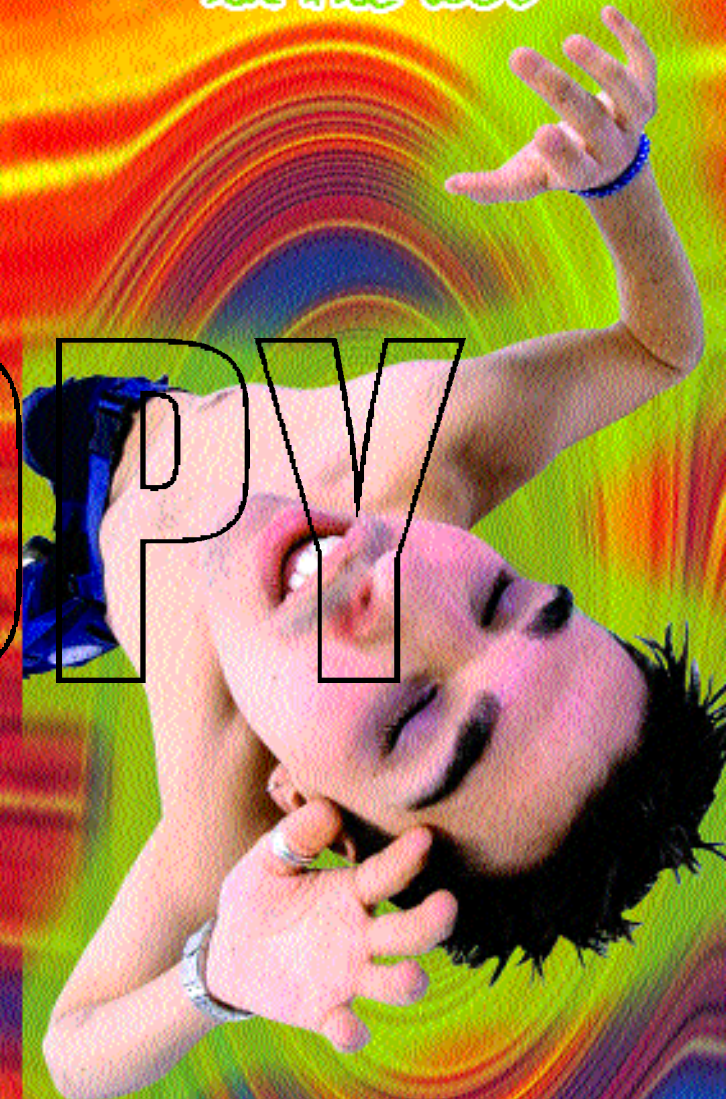
Test your understanding with a quick quiz.



Don't stay in the dark.
Get In the Know!

Inhalants

*something deadly
in the air*



toxic chemicals

in the know

800-841-9532 • www.syndistar.com • product #PBDA95
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What are inhalants?

The name "inhalants" covers a group of over 2,000 common household products. They include cleaners or strippers, paint thinners, gasoline, glues, markers, paints, aerosol sprays, medical gases, and other specialized chemicals. Some of these chemicals are flammable or explosive. All of them are harmful or deadly if used in the wrong ways.

Dangerous Inhalants

www.intheknowzone.com/inhalants/list/

Inhalants in the Body

When someone inhales a chemical, the linings of the mouth, nose, throat, and lungs quickly soak it up and pass it to the blood. The toxins race to the brain, and begin to affect behavior and sensations. The toxins circulate throughout the body's organs, doing permanent damage everywhere they go.

Inhalants in the Body

www.intheknowzone.com/inhalants/health/

Short-term Effects

- Headaches.
- Dizziness.
- Dilated pupils.
- Runny and red nose.
- Nosebleeds.
- Lost sense of smell.
- Blisters or rash around the nose or mouth.
- A cough that won't go away.
- Lost control of bowels and bladder—possibly permanent.
- Lost muscle coordination.
- Slurred speech.
- Confusion and forgetfulness.
- Sudden mood swings.
- A "don't care" feeling and attitude.
- Stomachache or vomiting.
- Tingling in the hands and feet.
- Seizures and blackouts.



Long-term Effects

Inhalants destroy the outer lining of the brain cells, making it impossible for those cells to communicate. Inhalants damage intelligence, memory, problem-solving ability, and the senses of hearing, taste, smell, and sight. The heart, lungs, liver, kidneys, and bones can be permanently damaged.

Inhalants also cause severe muscle weakness and dramatic changes to a person's appearance. Some inhalant abusers develop blood diseases and digestive problems. Kids have died from heart attacks and "Sudden Sniffing Death."

Signs of Sniffing or Huffing Habits

Any of the following signs could mean someone is sniffing or huffing inhalants:

- Missing school more than usual.
- Red, watery eyes.
- Runny nose.
- Spots and/or sores around the mouth.
- Breath or clothing that smells like chemicals.
- Acting drunk, dazed, or dizzy.
- Marks like paint or ink near the nose.



How to say NO to sniffing or huffing inhalants:

- Give a reason why you have to leave, and get out of there.
- Blame your parents—They won't mind!—Say that they keep a close eye on you.
- Explain the consequences: Say "That stuff causes brain damage."
- Say "No, thank you," or "I gotta leave now."
- Name some other things to do instead, like ride your bike, play video games, or listen to music.
- You wouldn't expect your friends to do something that they don't want to do. Ask your "friends" not to ask you to do something that you don't want to do.

reasons

What should you do if someone you know is using inhalants?

Talk to a parent, teacher, or grown-up that you trust. Someone who is sniffing or huffing, needs to quit immediately. Brain and body damage occurs every time they do it.



Help for Huffers

www.intheknowzone.com/inhalants/help/