



INHALANTS

Inhalants are ordinary chemicals that people inhale (breathe in) to feel “high.” They include cleaners, aerosols, and medical gases.

Inhalants cause terrible damage to the health. Some people die suddenly when abusing inhalants—even on their first use.

DRUG ID

Varieties: Removers, glues, markers, paints, household sprays, anesthetic gases

Street Names: Sniffing and huffing

Actions: Inhalants slow the brain. They also trigger the brain chemical dopamine, which is related to pleasure.

Warning Signs: People who have been sniffing or huffing inhalants seem excited and agitated or drowsy and dizzy. Abusers seem not to care about their surroundings. They may be irritable, violent, clumsy, and have slurred speech.

THE NUMBERS

Inhalants are used most by younger kids. In 2001, 9.1% of 8th graders, had used inhalants in previous year. Only 4.5% of 12th graders used inhalants in the same time period.

MAKE HEALTHY DECISIONS
BE DRUG FREE!





- Sudden Sniffing Death Syndrome (SSDS): People can die on the first use or any use

- Headache
- Confusion
- Nausea and vomiting
- Sluggishness and muscle weakness

USING OVER TIME

- Death and injuries
- Poor thinking skills
- Damaged vision or hearing
- Difficulty with movement
- Lost contact with reality
- Damage to heart, lungs, liver, and kidneys

WAY TO GO

Never start abusing inhalants. If you know people who abuse inhalants, encourage them to stop before it's too late.

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