

INHALANTS



You've probably smelled "inhalants" at some point in your life. **Inhalants** are hundreds of **types of chemicals** that are common in everyday life—from **gasoline** and **lighter fluid** to **spray paint** and **shoe polish**.

But these chemicals are **dangerous!** When young people inhale these chemicals on purpose, either by **sniffing** the fumes or "**huffing**" them from chemical-soaked rags, they risk doing **serious damage** to their brains and bodies.

TYPES OF INHALANTS



LIQUIDS

Paint thinners, glues, felt-tip marker fluids, correction fluids



NITRITES

A chemical found in leather cleaner and food preservatives—aka "**poppers**" and "**snappers**"



SPRAYS

Hair sprays, spray paints, fabric protector sprays



GASES

Nitrous oxide ("**laughing gas**"), whipped cream dispensers, butane lighters



WHAT'S THE WORST THAT CAN HAPPEN?

Abusers feel the intoxicating effects of inhalants within seconds. Other physical effects include:

- Irregular heart beat
- Headaches
- Nosebleeds
- Confusion
- Mood swings
- Vomiting and nausea
- Hallucinations

Who knows why sniffing poison seems fun to some kids. These chemicals slow down the brain and the body and may cause:

- Dizziness
- Blurred vision
- Slurred speech
- Impaired coordination

Continued inhalant abuse may lead to:

- Impaired memory
- Muscle weakness
- Depression
- Bone marrow damage
- Death from heart failure or asphyxiation
- Permanent damage to the heart, lungs, kidneys, liver, and brain

SIGNS OF HUFFING

- Red, watery eyes
- Runny nose and cough
- Acting drunk or dazed
- Missing school more than normal
- Spots and sores around the mouth
- Marks like paint/ink near the nose

"SUDDEN SNIFFING DEATH"

Inhalants cause the heart to stop beating. This can happen the first time a person tries inhalants.

REFUSE TO USE!

- Give a reason why you have to leave, and get out of there.
- Suggest other activities to do instead, like riding your bike.
- Blame your parents – They won't mind!
- Explain the consequences of huffing – It causes brain damage!
- Ask your "friends" not to ask you to do something you don't want to do.

DON'T LET AN INHALANT BE THE LAST BREATH YOU TAKE!