

# 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**.

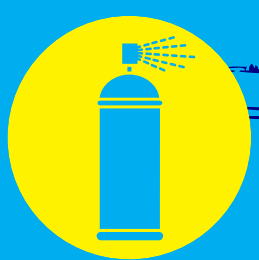
But these chemicals are **dangerous**! When young people inhale these chemicals on purpose, either by **sniffing** the fumes or "**huffing**" them from chemical-soaked rags, they risk doing **serious damage** to their brains and bodies.

## TYPES OF INHALANTS



### LIQUIDS

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



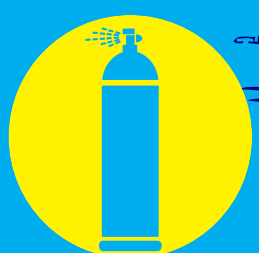
### SPRAYS

Hair sprays, spray paints, fabric protector sprays



### NITRITES

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



### 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

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

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!**