

INHALANTS TARGET YOUR BODY...



Have you ever heard of sniffing or huffing?

Inhalants are chemical products whose toxic fumes attack our cells and take up the space we need for oxygen. **THEY WERE NEVER INTENDED TO BE INHALED OR INGESTED.** In fact, many products used as inhalants – whether sniffed through the nose or “huffed” into the mouth – were designed to dissolve things, to break things down, and that is exactly what they do to our bodies when we let them inside.

What do inhalants do to you?

As the fumes enter, they first damage the delicate membranes inside the mouth, nose and throat. Then the toxins circulate throughout the body, doing damage to **ALL** the major organs they go through, especially the brain.

What are the long-term effects?

Long-term effects include damage to the...

- heart
- lungs
- liver
- kidneys
- senses (hearing, taste, smell and sight)
- brain and central nervous system.

Inhalants also cause:

- dramatic changes to a person's appearance
- severe muscle weakness
- blood diseases
- digestive problems
- heart attack
- sudden sniffing death

What are the short-term effects?

- headaches
- stomach-aches
- a tingling sensation in the hands and feet
- confusion
- dizziness
- nausea
- vomiting
- runny nose & redness
- loss of the sense of smell
- sudden mood swings
- apathy
- forgetfulness

What should you do if a friend tries to get you to sniff or huff?

SAY NO TO DRUGS
Say No Thanks. If it's more than one person trying to get you to inhale something, stand up for yourself and say No to the whole group. Resist the peer pressure and you'll be a stronger person. If you want, tell them what you know about the dangers of sniffing poisonous fumes, or **JUST WALK AWAY**. Remember, you don't need to explain yourself when it comes to staying healthy.

...AND DO NOTHING BUT DAMAGE.

What are the signs?

Is a friend of yours missing school more than usual? Are their eyes red and watery and their nose runny? Do they have a rash around their nose and mouth? Do they smell like chemicals? (Inhalants can leave a strong chemical smell on a person's breath and skin for up to three days!) Is their behavior strange? Are they acting confused and maybe depressed? If you can say yes to any of these, this person might have a problem with inhalants, if not with other drugs.

Why would someone inhale toxic fumes?

Kids inhale fumes for the same reasons other people turn to drugs. Maybe someone told them it makes life more fun. Maybe they're upset about something – maybe they're having trouble with their parents, teachers, or friends. Maybe they're just bored and they think inhaling toxic fumes is going to make life more exciting. But, it won't. It only makes things worse.

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

Ask an adult for advice. Your friend may need to go to the hospital. Though it is possible your friend just needs someone to talk to. Ask them how things are going. Encourage them to talk about whatever is getting them down. Encourage them, finally, to stay healthy and stop inhaling, even if it means getting professional help.



INHALANTS ARE VERY DANGEROUS!

Inhalants = Poisons

Poisonous chemical gases, or fumes, are given off by many common things found in our homes, offices and schools, most often classified as either solvents, aerosols or propellants. They come in containers marked with words like CAUTION, HARMFUL VAPORS, TOXIC, KEEP OUT OF REACH OF CHILDREN, or IMPROPER USE MAY BE HARMFUL. When inhaled, the fumes from these products take away the body's ability to absorb oxygen.

Are inhalants safer than other drugs?

No. Absolutely not. Inhalants will poison you and cause permanent damage to many parts of your body. There is nothing safe about these chemicals at all. This is why they usually come with special safety lids and tops, so nobody, especially kids, can open them accidentally. Inhalants are some of the most dangerous things around because they come in so many different forms, and because they're all around us, in our closets, cupboards, basements and supermarkets.

SAMPLE COPY

MAKE SMART HEALTHY CHOICES...

Using drugs and inhaling fumes will only get you lower. Getting higher means doing better in school. It means running a better race, jumping over a higher bar, or becoming a better basketball player, math student, dancer, musician or friend. It means staying smart and making healthy choices. Life is a great adventure – we owe it to ourselves to be prepared for it. Do yourself a big favor and stay away from all drugs – AND THAT MEANS STAYING AWAY FROM INHALANTS!

...EVERY TIME!

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JUST HOW DANGEROUS ARE INHALANTS?

