

# FACT SHEET FOR TEENS: INHALANTS POISON YOUR BODY!

## What are inhalants?

Inhalants are poisonous gases and vapors from everyday products that are breathed in. They can damage the brain, nerves, lungs, liver and kidneys. Inhalants can cause sores on the face, nosebleeds, and stomach aches.

## Since inhalants are found in everyday products, aren't they safe?

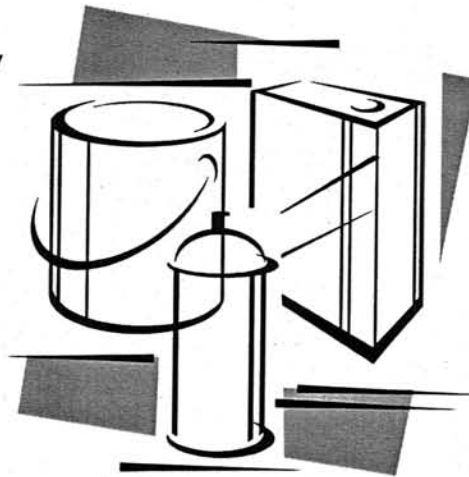
No. Even though household, school and shop products have useful purposes, they can be poisonous to the body. These products are not meant to be inhaled.

## Doesn't it take many "huffs" before you're in danger?

No. One "huff" of an inhalant can kill you. Inhalants can also be addictive and abusers may need more to get the same effect. When some users try to stop, they get headaches, chills, stomach cramps and seizures.

## Using inhalants, even **1** time, can cause:

- trouble breathing
- choking on vomit
- burns
- poisoning
- sudden death



*If you or someone you know has been using inhalants, ask for help. Talk to a school counselor or nurse, a friend, a parent or call:*

**NH Teenline/Headrest** 800-639-6095  
**The NH Helpline** 800-852-3388  
**The Poison Center** 800-222-1222

# FACT SHEET

**Alcohol, Tobacco and Other Drug Abuse Clearinghouse**

NH Department of Health and Human Services  
Division of Public Health Services  
105 Pleasant Street, Concord, NH 03301  
800.804.0909 / 603.271.2677 / FAX: 603.271.6105

NH Department of Health and Human Services

# FACT SHEET FOR ADULTS

## INHALANT ABUSE: IT'S DEADLY

### *What is inhalant abuse?*

It is the deliberate sniffing or huffing of common products found in homes to obtain a "high."

### *What are the effects of inhalant abuse?*

- nausea or vomiting
- double vision
- irregular heartbeat and/or cardiac arrest
- disoriented/slurred speech
- loss of bodily functions



### *What products are abused?*

- some glues, marking pens
- gasoline, butane lighters, air conditioning gases, freon
- paint thinners, spray paint, computer air dusters, canned air fresheners
- any product in aerosol cans

### *Many children say they begin sniffing when in grade school, how can you tell if a young person is an inhalant abuser?*

Symptoms include:

- red or runny eyes and nose, unusual breath odor
- chronic inhalant abuser may exhibit anxiety, irritability or restlessness
- drunk or dazed appearance
- spots and/or sores around the mouth

### ***Teach youth product safety:***

*Teach them to read labels and follow directions carefully.*

*Inhalants are poison and can kill suddenly, even those who sniff for the first time.*

### **For more information:**

Alcohol, Tobacco and Other Drug Abuse Clearinghouse 603-271-2677 or (NH) 800-804-0909  
National Inhalant Prevention Coalition 800-269-4237, [www.inhalants.org](http://www.inhalants.org) or  
The New England Poison Control Center at 800-222-1212

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