

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
- brain, liver or kidney damage



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 or
The Northern New England Poison Control Center at 800-222-1222

Updated 3/2007

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