

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:

NH Inhalant Abuse On-Line Training for Adults, www.inhalantabusetraining.org
Alcohol, Tobacco and Other Drug Abuse Clearinghouse 603-271-2677 or (NH) 800-804-0909
www.drugfreeNH.org
The Northern New England Poison Control Center at 800-222-1222

FACT SHEET

Alcohol, Tobacco and Other Drug Clearinghouse

Promoting Prevention and Recovery
NHBDAS
NEW HAMPSHIRE BUREAU OF DRUG AND ALCOHOL SERVICES
Bureau of Drug and Alcohol Services
105 Pleasant St., Concord, NH 03301
800.804.0909 / 603.271.2677
www.dhhs.nh.gov/dcbcs/bdas

NH Department of Health and Human Services