

# 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?

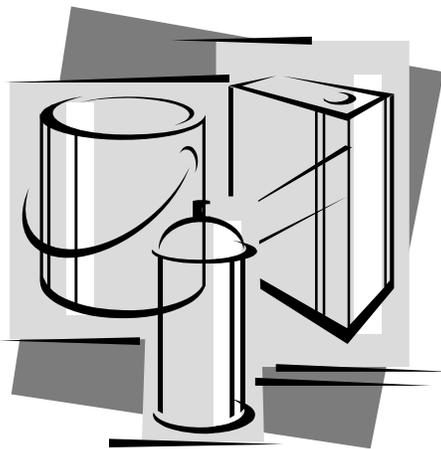
No. Even though household, school and shop products have useful purposes, they can be poisonous to the body. These products are not meant to be inhaled.

## 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 Poison Center 800-222-1222  
Get Help, Give Help! 221

[www.drugfreeNH.org](http://www.drugfreeNH.org)

# FACT SHEET

## Alcohol, Tobacco and Other Drug Clearinghouse

NH Department of Health and Human Services

Promoting Prevention and Recovery

NHBDAS  
NH 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/dcbes/bdas](http://www.dhhs.nh.gov/dcbes/bdas)