

## 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 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](http://www.inhalantabusetraining.org)  
Alcohol, Tobacco and Other Drug Abuse Clearinghouse 800-804-0909 (NH) or 603-271-2677  
[www.DrugFreeNH.org](http://www.DrugFreeNH.org)

Northern New England Poison Center at 1-800-222-1222

For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org