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 snifffing 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

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