Take Action

- Work with local middle and elementary schools to start an inhalant abuse prevention project. It is not unusual for this kind of abuse to start as early as seven years of age.
- Educate your school about the dangers of inhalants through posters, newspaper articles, and announcements over the public address system at your school.
- Participate in National Inhalants and Poisons Week. Contact the National Inhalar Prevention Coalition at 800-269-4237 for more information.
- Educate adults about inhalant abuse. Many parents, coaches, and teachers may not know how widespread the problem is, the extent of the danger, or how to recognize abuse.
- If you’re tempted to use, get help from a counselor—fast.
Inhalant abuse can kill. And if it doesn't kill you, it can leave you with severe brain damage or severe respiratory problems. There's no fooling around—even a first-time user can end up dead after “sniffing or “huffing” inhalants. Everyday products like glue, paint, lighter fluid, fingernail polish, permanent markers, WiteOut®, deodorants, and anything in an aerosol can are sniffed to get a rapid and dangerous high. While this type of substance abuse may feel good, there are many ways inhalants can damage your mind and body. They are deadly chemicals made for the body. They are deadly chemicals that shouldn't enter your body. They are deadlier than alcohol and other sedatives. Higher doses produce laughter and giddiness, feelings of floating, time and space distortion, and violent behavior. The effects may give the feeling of well-being and reduce inhibitions, much like the effects of alcohol and other sedatives. Inhalants cause memory problems, anxiety, irritability, and restlessness, all of which can lead to violent behavior. What Are Some Signs of Inhalant Abuse?

What Can You Do To Prevent Inhalant Abuse?

What Should You Do if Someone You Know Is Sniffing and Seems To Be in Trouble?

What Can You Do To Prevent Inhalant Abuse?

The Long Term

Inhalants

If you snort or inhale an inhalant in a place with air circulation, you can become unconscious. And just like alcohol, inhalants can cause respiratory problems and can lead to death. If you know someone who is sniffing, you can help. If you know someone who is sniffing, you can help. If you know someone who is sniffing, you can help.

Inhalants are deadly chemicals and poisons. An inhalant “high” is dangerous because the products are not regulated, and inhalants can be lethal. Inhalants can cause memory problems, anxiety, irritability, and restlessness, all of which can lead to violent behavior. Inhalants can cause memory problems, anxiety, irritability, and restlessness, all of which can lead to violent behavior. Inhalants can cause memory problems, anxiety, irritability, and restlessness, all of which can lead to violent behavior.

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