

# INHALANTS

Substances or fumes from products such as paint thinner or glue that when sniffed or “huffed” causes an immediate high. Also known as glue, kick, bang, sniff, huff, poppers, whippets.

## INHALANT ABUSE IN THE U.S.

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Because they are inexpensive and easily accessible, inhalants are the 4th most abused substance in the US.



Sniffing or huffing can begin at the age of 10 or younger.



An estimated 6 in 1000 United States children between the age of 12 and 17 are currently abusing inhalants.



1 in 4 students in America has intentionally abused a common household product to get high by the time they reach the 8th grade.

## TYPES OF INHALANTS



Gases  
SOLVENTS  
AEROSOLS  
NITRATES  
ADHESIVES  
REFRIGERANTS  
ANESTHETICS



## HOW TO TELL IF SOMEONE IS USING INHALANTS



Nausea



Slurred or disoriented speech



Red eyes



Loss of appetite



Unusual breath odor or chemical odor on clothing

## POSSIBLE EFFECTS OF INHALANT USE

- Heart failure
- Suffocation
- Chest pain, muscle and joint aches
- Vomiting
- Coughing, sneezing, and nose bleeds
- Vision or hearing loss
- Brain damage and cognitive impairments
- Difficulty balancing, walking and sitting
- Kidney and liver damage
- Depression and paranoia
- Death



Sources: American Council for Drug Education, Drug Enforcement Administration brochure; A Parents' Guide to Preventing Inhalant Abuse, Inhalants, "The Silent Epidemic," Winter 1998, Tobacco and Other Drug Use Study, ONDCP's Street Terms: Drugs and the Drug Trade, "<http://whitehousedrugpolicy.gov>," National Inhalants Prevention Website, 2000 Monitoring the Future Survey, YRBS 2017, National Institute on Drug Abuse 2012, CDC, SAMHSA, [drugabuse.gov](http://drugabuse.gov)

(spray paint) Icon made by Freepik from [www.flaticon.com](http://www.flaticon.com); (whipped cream dispenser) Icon made by smalllikeart from [www.flaticon.com](http://www.flaticon.com)

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