

INHALANTS

CAUSE & EFFECT

SHORT TERM EFFECTS

Brain

Memory loss, slurred speech

Senses

Blurred vision, dizziness, hearing problems

Nasal

Nosebleeds, nose sores

Heart

Irregular heartbeat

Stomach

Nausea and vomiting, abdominal pain

Bowels

Involuntary passing of urine and feces.

Muscles

Loss of coordination, muscle weakness and cramping, prone to accidents

LONG-TERM EFFECTS

Brain

Memory loss, damage to brain and nervous system, headaches

Psychological

Hallucinations, delusions, depression, addiction

Senses

Blindness, hearing loss, loss of sense of smell

Heart

Heart attack, Heart failure

Lungs

Suffocation

Organ Damage

Liver and kidney damage

Physical

Sudden sniffing death, mouth sores

EXAMPLES OF INHALANTS: Paints and spray paints, gasoline, glue and rubber cement, air fresheners, aerosols, whipped cream dispensers, white out and markers.

STREET NAMES:

Duster, Snappers, Ozone, Poppers, Whip-its/Whippets, Laughing gas



FACTS ABOUT INHALANTS:



- Long-term usage of an inhalant causes “hypoxia”, a condition in which the body and brain are deprived of adequate oxygen.
- The chemicals in inhalants cause permanent damage to your brain, lungs, heart and liver.
- “Sudden sniffing death” is the condition when your heart stops beating within minutes of breathing in these toxic chemicals.
- It is illegal, in most states, to sell or give inhalants to kids.
- When someone “huffs” inhalants, over time they need more and more to get high. Once hooked, it is hard to quit.
- Even one sniff of an inhalant can lead to death.
- Some users have been known to suffocate from inhaling.

Refusal Tips

Remember, the chemicals in inhalants cause permanent damage to your brain, lungs, heart and liver. If someone asks you to huff, don't compromise your life. Instead, stay strong and say “no” with one of these lines:

- “No thanks. That stuff makes you stupid.”
- “Did you know that huffing can kill you? And if you live you might have brain damage?”
- “Gross. That stuff makes you smell like chemicals.”



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