

Using Inhalants even one time can kill you

Using inhalants even one time can put you at risk for:

- poisoning
- sudden death – your heart stops
- suffocation – you don't get enough oxygen
- burns from fire and explosions
- choking on vomit

For immediate help,
call 9-1-1 or your
local emergency number.

Resources:

For a referral to a
local prevention or
treatment program:

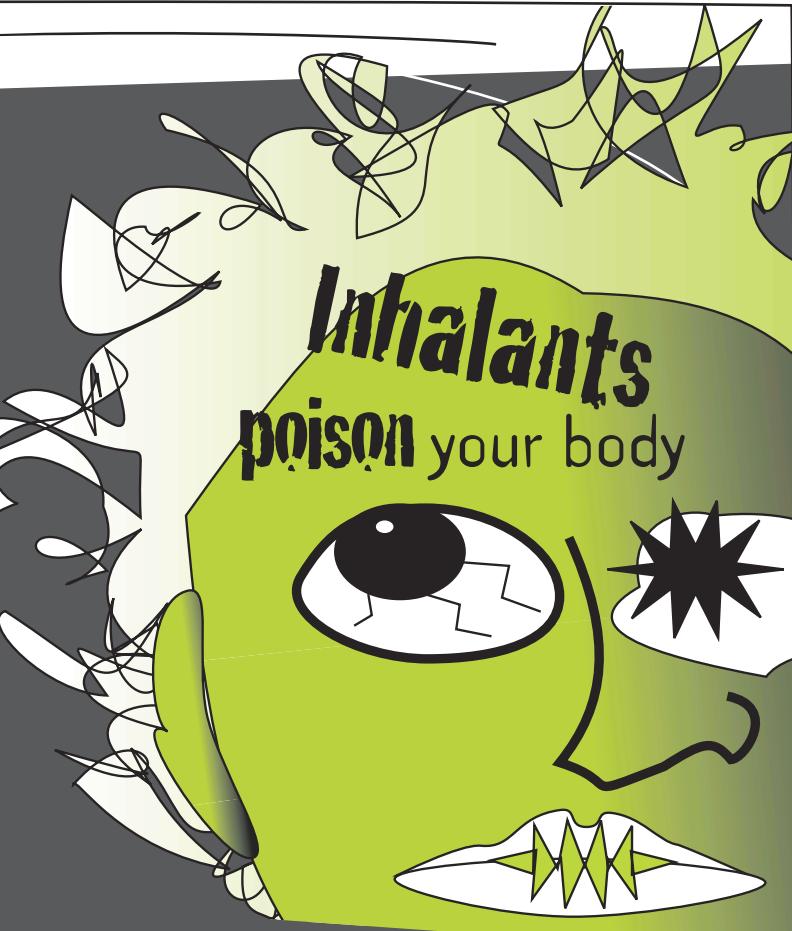
Massachusetts Substance Abuse
Information and Education Helpline
1-800-327-5050
(TTY: 1-888-448-8321)
www.helpline-online.com

For information about
poisons and pollutants:

Regional Center for Poison
Control and Prevention

Staffed 24/7, translation
services available

1-800-222-1222
(TTY: 1-800-244-5313)
www.maripoisoncenter.org



sores on the face and in the
mouth and nose
liver, lung and kidney damage
problems with seeing,
hearing, feeling and balance
nausea and nosebleeds
damage to the brain and
nerves (can destroy memory, thinking)

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What are inhalants?

Inhalants are gases and vapors from products used in homes, offices and schools that are inhaled. Because they get into your lungs and blood so quickly and because they are toxins and pollutants, they can damage all parts of your body. When people use inhalants like drugs, they are really poisoning themselves.

Questions and Answers About Inhalants

! Are inhalants addictive?

YES! Over time, inhalant abusers need more and more to get the same effect. This increases the damage that these poisons do to the brain, nerves, lungs, liver, and kidneys. Inhalant abusers may find it hard to be without inhalants – they become addicted. When they try to stop using it, they get headaches, chills, seizures and stomach cramps.

You need oxygen!

! Are all inhalants dangerous?

YES! Even though household, school, and shop products have useful purposes, when they are used as inhalants they are harmful and dangerous. These products are not intended to be inhaled.

! Does it take many “huffs” before you’re in danger?

No. One “huff” of an inhalant can kill you. Or the 10th. Or the 100th. Even if you have huffed before, there is no way to know how the next huff will affect you.

Don't pollute your body

! What can you do to help someone who is using inhalants?

**Be a friend.
Help save a life.**

If you or someone you know has been using inhalants, ask for help. Talk to a school counselor or nurse, or a parent.

**Call the Massachusetts Helpline at
1-800-327-5050 (TTY: 1-888-448-8321)
to find a counselor near you.**

with chemicals.