

**POISONS IN YOUR HOME  
THAT ARE DANGEROUS  
TO INHALE OR DRINK.**

**BEDROOM**

- hair sprays
- moth balls
- nail preparations
- air fresheners

**BATHROOM**

- deodorants
- mouthwashes
- vitamins
- cough/cold remedies

· prescription medications

· children's aspirin products

**KITCHEN**

- ammonia
- bleach
- butane
- cooking spray
- correction fluid
- insecticides
- lye & drain cleaners
- furniture polish & wax
- lighter fluid
- disinfectants
- oven cleaners

**GARAGE**

- antifreeze
- car wax
- fertilizers
- gasoline
- kerosene
- lime
- liquid solder
- pesticides
- refrigerants
- turpentine

**WORKSHOP**

- aerosol sprays
- felt tip markers
- glues & adhesives
- paint & paint thinners
- rust removers
- solvents
- spray paints

**WHAT TO DO**

Communicate. Teach your children about this extremely dangerous abuse. If you suspect an inhalant problem, consult a school counselor or drug counseling center. Education must start at a young age because inhalant use often starts in elementary school and can lead to further drug abuse or even death.

# INHALANTS & POISONS

THEY'RE RIGHT UNDER YOUR NOSE.

Awareness Week, MARCH 16-23, 2008

## INHALANTS = POISON

### A DEADLY GAME

Every year untold numbers of kids die from inhalant abuse, but many parents and educators remain unaware of the "huffing" and "sniffing" going on right under their noses.

Young people who might never try marijuana or other illegal drugs do try inhalants because they are legal products, easy to get and inexpensive.

A national survey indicates that more than one million youth tried inhalants last year, and almost 23 million people ages 12 and older have tried huffing at some point in their lifetime.

The misuse (intentional inhaling of concentrated fumes) of more than 1,000 household products **is the same as taking poison**. Chronic users can suffer severe and permanent brain damage; some die the first time they try inhalants. Other possible risks include loss of consciousness and irreversible damage to the brain, liver, kidneys and bone marrow.

▼ **SIGNS OF INHALANT ABUSE**

- red or runny eyes or nose
- spots or sores around the mouth
- chemical breath odor
- drunk, dazed or dizzy appearance
- nausea, loss of appetite
- anxiety, excitability, irritability
- paints or stains on body or clothing

▼ **HARMFUL EFFECTS**

- short term memory loss
- hearing loss
- limb spasms
- permanent brain damage
- bone marrow damage
- liver and kidney damage
- possible fetal effects similar to fetal alcohol syndrome
- intoxication

National Inhalant Prevention Coalition  
EFFECTING CHANGE TOGETHER  
1.800.269.4237

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