



DRUG FACT SHEET

Inhalants

The primary users of household inhalants are pre-teenagers and young teenagers because the products are readily available, cheap and legal.

Class of drug:	Psychoactive
Main active ingredient:	There are more than 1,000 common household products that can be misused as inhalants. Active ingredients vary, but most common ones are nitrous oxide, amyl nitrite, butyl nitrite, chlorohydrocarbons (aerosol sprays) and hydrocarbon (solvents). Most are volatile chemicals.
What it looks like:	Varies; common household products include glue, paint, lighter fluid and whipping cream cans
Street names:	Bolt, Bullet, Laughing Gas, Poppers, Snappers, Locker Room, Huffing, Sniffing
How it is used:	Breathed into the lungs through the mouth or nose by sniffing, spraying, bagging, huffing (a soaked rag) or inhaling (from a balloon)
Duration of high:	Inhalants reach the brain almost instantly, producing an immediate high (euphoria). It usually lasts a few minutes; however, sometimes users extend this effect for several hours by breathing in inhalants repeatedly.
Withdrawal symptoms:	Irritability, agitation, increased heart rate, chills, hallucinations
Effects:	Physical —slurred speech, seizures, nosebleeds, nausea, loss of appetite, decreased heart rate, death Mental —feelings of euphoria, impaired judgment, violent behavior, hallucinations Long-term —paranoid psychosis, brain, liver and kidney damage, hepatitis, brain hemorrhage, cancer, bone marrow damage



Experimentation with inhalants should not be taken lightly. Even a single session of repeated inhalant abuse can disrupt heart rhythms and cause death from cardiac arrest or lower oxygen levels enough to cause suffocation.

Illinois information

Over 2.1 million kids, ages 12 to 17, have used an inhalant to get high. Inhalant abuse usually begins at age 10 or 11. In Illinois, 9.8 percent of high school students report using inhalants during their lifetime.

(Alliance for consumer education/ U.S. Centers for Disease Control Youth Risk Behavior Survey, 2011)

Sources: NIDA Research Report Series, Drug-Free Resources Net, National Household Survey on Drug Abuse (NHSDA), Drug Policy Information Clearinghouse, National Conference on State Legislatures, American Journal of Drug and Alcohol Abuse, Monitoring the Future Study