

# Drug Free Adams County

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**Drug Free**

**Adams County**  
*Rays of Hope for a Better Tomorrow*

## Dangers of Inhalants

With cold temperatures and snowy weather comes more time spent indoors...which makes now a great time to talk to your children about the dangers of inhalants. While the products often harmless, the dangers that follow inhaling them are real.

### What are inhalants?

Inhalants are chemicals found in certain household and workplace products that produce chemical vapors. Inhaled substances are rapidly absorbed into the brain to produce a quick high with mind-altering effects.



More than 1,000 products are used as inhalants, many of them ordinary household goods. Examples include: nail polish remover; household cleaners; deodorants; cooking spray; glue; rubber cement; paint thinner; butane lighter fluid; shoe polish; spray paint; markers; gasoline; and aerosol whipped cream.

### Inhalant abuse and risks

**Huffing** is sometimes used as a generic term for any type of inhalant use, but generally involves placing an inhalant-soaked rag over the mouth. Other ways to abuse inhalants include sniffing or snorting directly from aerosol containers, spraying/pouring fumes into a bag and then placing over the head and/or mouth, and piercing pressurized cans to extract nitrous oxide for inhaling.

In addition to the initial euphoria, inhaling household products can have side effects ranging from mild (dizziness, headache, skin rash) to severe (loss of coordination, inhibition and control; hostility; apathy; hallucinations and delusions; suffocation; seizures; loss of consciousness; a rapid, irregular heartbeat that can trigger lethal heart failure).

**Keep your children safe by having open conversations about the dangers of huffing. Discuss the risks. Emphasize that inhalants are deadly chemicals — not a harmless way to get high.**

**For more information, please visit our website:  
[www.DrugFreeAdamsCounty.org](http://www.DrugFreeAdamsCounty.org)**