

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](http://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](http://www.maripoisoncenter.org)

**Inhalants**  
**poison** your body

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.

? 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.

? 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.**

You need oxygen!

Don't pollute your body with chemicals.