

TEENS AND INHALANTS

Inhalants are substances or fumes from certain products like paints, gasoline, aerosol dusters (computer keyboard and electronics sprays), hair spray, and glue that are sniffed to cause a 'high'. Sniffing directly from an open container or breathing in (huffing) from a chemical-soaked rag are common methods of inhalant abuse.

EDUCATION IS PREVENTION

Talk to Teenagers about the Dangers of Inhalants

- **Sudden Sniffing Death** can occur on the first try or during any other attempts to abuse inhalants.
- Demonstrate safe use of medicines and household products. Teach children to be careful – these are poisons if used the wrong way.
- When teaching children to avoid drugs, tobaccos, and alcohol, also teach them to say "No" to inhalants.
- Inhalants are poisons, pollutants, and fire hazards. They have drug-like effects and can kill if used the wrong way.

For Parents: Detect Inhalant Abuse

- Are large quantities of household products purchased or missing?
- Keep track of inhalants in your home. Where are they? Are they being used up too quickly?
- Do you find stashes of plastic bags, smelly rags, or empty containers?
- Does your child have rashes on the face or a chronic sore throat or mouth?
- Do you smell a chemical odor on your child's breath or clothes?
- Are there other signs of substance abuse?

Changes in behavior, friends, grades, or grooming

Changes in weight or health for no obvious reason

FOR MORE INFORMATION ABOUT INHALANTS,
READ INHALANTS NOT A FAD – A DEADLY FACT.

FOR A POISON EMERGENCY OR QUESTIONS ABOUT INHALANT ABUSE, CALL THE POISON HELP LINE 1-800-222-1222.

Education is key to prevention. The Missouri Poison Center welcomes teachers, child care providers, scout leaders, EMS providers and other community educators to use these free resources to teach about poison safety.

MISSOURI
POISON CENTER
1-800-222-1222

BE POISON SMART! KEEP POISONOUS PRODUCTS
OUT OF SIGHT & OUT OF REACH.

WWW.MISSOURIPOISONCENTER.ORG

