



# Inhalant Abuse Prevention



Inhalants can have damaging and even disastrous effects on the heart, kidney, brain, liver, bone marrow, and other organs. Inhalant users can also suffer from Sudden Sniffing Death Syndrome, heart or lung failure, asphyxiation, and paralysis of breathing mechanisms, which can occur the first time an inhalant is used. Inhalants are physically and psychologically addicting and users will suffer withdrawal symptoms while not using inhalants.

## TIPS

- ✓ It is never too early to teach children about the dangers of inhalant use.
- ✓ Be aware of the signs of use: paint or stains on the body or clothing, loss of appetite or nausea, a chemical breath odor, spots or sores around the mouth and/or nose, red or runny eyes or nose, anxiety, or a drunk and dazed appearance.
- ✓ Know what items in your home could be used as inhalants and monitor their use.
- ✓ If you suspect your child or someone you know is an inhalant abuser, seek professional help immediately.

What to do in case of an emergency:

- ✓ If you find your child unconscious or you suspect your child is under the influence of an inhalant:

- Call 911 immediately.
- Keep your child calm to reduce cardiac stress.
- Try to determine the source of the inhalant so the medical professionals can help more quickly.

✓ **If you suspect your child might be abusing inhalants, call your poison control center at 1-800-222-1222 or the 1-800 number on the label of the product.**

✓ **For information about National Inhalant Prevention Awareness visit: [www.inhalants.org/nipaw.htm](http://www.inhalants.org/nipaw.htm)**



If you or someone you know is experiencing a life threatening injury or act of violence, please dial 911 immediately.

If you would like more information on injury and violence prevention education and information, call 1-800-732-8333 or email [ivp@vdh.virginia.gov](mailto:ivp@vdh.virginia.gov)