

Using Inhalants
even one time
can harm your
health.

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

Toll-Free: 1-800-327-5050

TTY: Use MassRelay at 711 or
1-800-439-2370

www.helpline-online.com

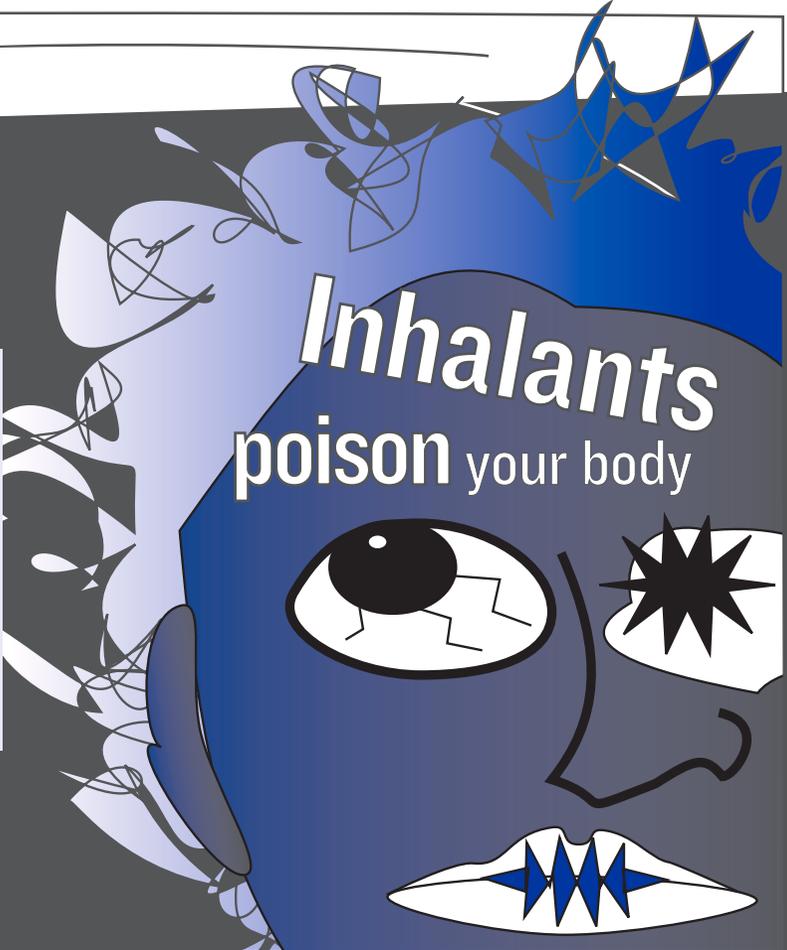
**For information about poisons
and pollutants:**

Regional Center for Poison Control
and Prevention Serving MA and RI

Staffed 24/7, translation services available.
Toll-free: 1-800-222-1222

TTY: 1-88-244-5313

www.maripoisoncenter.com



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 affect memory, thinking)



What are inhalants?

Inhalants are gases and vapors from products used in homes, offices, and schools that are inhaled. Because they can contain toxins and pollutants and get into your lungs and blood so quickly, they can damage many parts of your body. When people inhale or use these products in any way other than how they are intended, they are poisoning themselves.

Questions and Answers About Inhalants

? Are inhalants addictive?

YES. Inhalants can be addictive. Over time, people who use inhalants feel the need to use more to get the same effect. This increases the damage that these poisons do to the brain, nerves, lungs, liver, and kidneys. People who use inhalants may find it hard to be without them. When they try to stop using the inhalants, they may get headaches, chills, stomach cramps, or more serious symptoms.

? Are all inhalants dangerous?

YES. Household, school, and shop products have useful purposes. But 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. Some people may refer to inhaling household, school, and shop products as “huffing.” One huff of an inhalant can kill you. 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, school nurse, or a parent. For information and support, contact:

Youth Central Intake and Care Coordination (YCICC)

This special state-funded service organization helps Massachusetts parents and families access treatment programs specifically for teens. YCICC is a project of the Institute for Health and Recovery.

Hours of Operation: Monday-Friday, 9am-5pm, except holidays
Toll-free: 1-866-705-2807 or
1-617-661-3991 | TTY: 617-661-9051
www.healthrecovery.org

Call the Massachusetts Substance Abuse Information and Education Helpline

Toll-free at 1-800-327-5050 | TTY: Use MassRelay at 711 or 1-800-439-2370.

Available 7 days a week.

Or visit www.helpline-online.com to find a counselor near you.

You need oxygen!
Don't pollute your body
with chemicals.