

According to national surveys, inhaling dangerous products is becoming one of the most widespread problems in the country. It is estimated that when a student reaches the 8th grade, one in five will have used inhalants.

FACTS

Adolescents are quickly discovering that common household products are inexpensive to obtain, easy to hide and the easiest way to get high. Inhalants can have damaging and even dangerous 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 on the 1st, 10th, or at anytime an inhalant is used. Inhalants are physically and psychologically addicting and users suffer withdrawal symptoms.

PREVENTION 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 nose, red or runny eyes or nose, anxiety or a drunk and dazed appearance.
- Know what items in your home could be used as an inhalant 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 child calm, 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.

RESOURCES:

- Virginia Poison Center
www.poison.vcu.edu
1-800-222-1222
- National Capital Poison Center
www.poison.org
1-800-222-1222
- Blue Ridge Poison Center
www.healthsystem.virginia.edu/internet/brpc
1-800-222-1222
- Alliance for Consumer Education
www.inhalant.org
- National Clearinghouse for Alcohol and Drug Information
www.ncaid.samsha.gov
- US Consumer Product Safety Commission
www.cpsc.gov
- National Inhalant Prevention Coalition
www.inhalants.org
 - Poison Prevention.org
www.poisonprevention.org

Division of Injury and Violence Prevention
Virginia Department of Health
1-800-732-8333
www.vahealth.org/injury