

Are inhalants addictive?

YES! Regular users can become mentally and physically addicted to inhalants. People feel that they need the drug to make it through the day, and can begin to feel unbalanced or unnatural when they are not high. Physically, a person may feel irritable, restless, depressed, or tired if they have not used for a time. They may also get headaches, hallucinations, and chills.

Does tolerance build?

YES! People who inhale or huff find that they need to do it more and more to get high. They may use larger amounts, which increase the chances of a fatal overdose.

Can I overdose?

YES! Inhalants can kill you! "Sudden Sniffing Death," a type of heart failure, happens to many people who sniff for the first time. Other possible causes of death include asphyxiation or suffocation if the user is sniffing from a plastic bag and becomes unconscious with the bag blocking their airway. Vomit can also block the airway. People who use may engage in reckless behavior, which can lead to death. Mixing solvents with other depressants such as alcohol can be fatal.

Where Can A Person Get Help?

Concurrent Disorder Program

Child & Youth Team
2nd Floor, 990-22nd Street
West Vancouver, BC V7V 4C2

Phone: 604-904-6270
Fax: 604-904-6290
Hours: 8:30 am – 4:30 pm
Monday to Friday

Talk to the Prevention Worker in your school or give the number on the front of this pamphlet a call.

Detox Services (D-Talks Access Central)

1-866-658-1221

Vancouver Crisis Centre

604-872-3311

West Coast Alternatives Society Addictions Counselling

604-984-0255

MCFD Emergency Helpline

310-1234 (no area code needed)

Poison Control

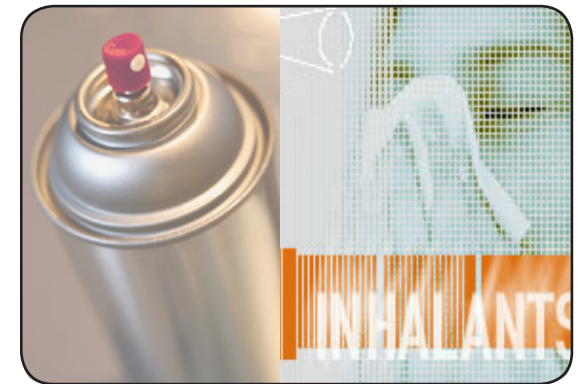
604-682-5050

In case of emergency, call 911

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Inhalants



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Tel: 604-904-6270

What kind of drugs are inhalants?

Although inhalants are a category of their own, they are often categorized as a depressant (“downer”) since they produce a range of effects similar to depressants.

What else are inhalants called?

- Solvents
- Sniffers
- Fumes
- Whippets
- Poppers
- Laughing Gas
- Snappers
- Huffers

How does a person use inhalants?

The fumes of inhalants can be inhaled (“huffed”) directly from their own containers, can be poured or squeezed into a plastic bag and inhaled, or can be poured or rubbed onto a cloth that is huffed.

What substances can people inhale?

- Glue & plastic cement
- Gasoline
- Lighter fluid
- Liquid paper & felt markers
- Paint & paint thinner
- Nail polish & nail polish remover
- Aerosol sprays



How can you tell if someone is inhaling?

Sometimes you can tell if someone has been using inhalants from his or her smell and appearance. They may have disgusting smelling breath and clothing. Other things to look for are glue on their hands and clothes, facial rashes, nosebleeds, or mouth and nose sores.

What happens to a person when they use inhalants?

The effects of solvents are felt very quickly and can have effects similar to alcohol. People who use often feel a sense of relaxation and joy, which lasts for approximately one hour.

Other effects include slurred speech, dizziness, blurred vision, headaches, stomach pains, staggering, nausea and vomiting. Following the high, there is a period of drowsiness that lasts a couple of hours.

What happens when a person uses over a longer period of time?

Long-term use of inhalants can cause hallucinations, a numbing of the senses, poor muscle coordination, memory loss, loss of inhibition, poor concentration, and impaired thinking patterns. Irreversible damage is done to the brain, kidneys, and liver.