

## Inhalant Fact Sheet

Inhalants are breathable chemical vapors that users intentionally inhale because of the chemicals' mind-altering effects. The substances inhaled or sniffed are ordinary household products used by children to get high.

### Commonly Abused Substances:

- Volatile Solvents - liquids that vaporize at room temperature
- Aerosols - sprays that contain propellants and solvents
- Gases - found in household or commercial products and used as medical anesthetics
- Nitrites - used primarily as sexual enhancers

#### **Volatile Solvents include:**

- paint thinners or removers
- degreasers
- dry-cleaning fluids
- gasoline
- lighter fluid
- correction fluids
- felt-tip marker fluid
- electronic contact cleaners
- glue

#### **Aerosols include:**

- spray paints
- hair or deodorant sprays
- fabric protector sprays
- aerosol computer cleaning products
- vegetable oil sprays

#### **Gases include:**

- butane lighters and propane tanks
- whipped cream aerosols or dispensers (whippets)
- refrigerant gases
- chloroform
- halothane
- nitrous oxide ("laughing gas")

#### **Nitrites include:**

*Organic nitrites* are volatiles that include cyclohexyl, butyl, and amyl nitrites, commonly known as "poppers." When marketed for illicit use, organic nitrites are often sold in small brown bottles labeled as:

- video head cleaner
- room odorizer
- leather cleaner
- liquid aroma

#### **Effects on the mind and body:**

- Headache, muscle weakness, abdominal pain
- Severe mood swings and violent behaviors
- Numbness and tingling of the hands and feet
- Decrease or loss of sense of smell
- Liver, lung, and kidney damage
- Dangerous chemical imbalances in the body
- Hepatitis or brain damage from long-term use
- Permanent damage to the nervous system
- Decrease in heart and respiratory rates
- Nausea
- Nosebleeds
- Brain damage
- Weight Loss
- Loss of appetite
- Death
- Coma
- Fatigue, lack of coordination

Resources: [www.drugfree.org](http://www.drugfree.org)

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.samhsa.gov](http://www.samhsa.gov)

Know someone with an addiction? Need to talk to someone?

Call 717-299-2831 Monday – Friday 9a.m. to 5 p.m.

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