Take Action

- Work with local middle and elementary schools to start an inhalant abuse prevention project. It is not unusual for this kind of abuse to start as early as seven years of age.
- Educate your school about the dangers of inhalants through posters, newspaper articles, and announcements over the public address system at your school.
- Participate in National Inhalants and Poisons Week. Contact the National Inhalian Prevention Coalition at 800-269-4237 for more information.
- Educate adults about inhalant abuse. Many parents, coaches, and teachers may not know how widespread the problem is, the extent of the danger, or how to recognize abuse.
- If you're tempted to use, get help from a counselor—fast.
Inhalant abuse can kill. And if it doesn’t kill you, it can leave you with severe brain damage or severe respiratory problems. There’s no fooling around—even a first-time user can end up dead after “sniffing or “huffing” inhalants.

Everyday products like glue, paint, lighter fluid, fingernail polish, permanent markers, WiteOut®, deodorants, and anything in an aerosol can are sniffed to get a rapid and dangerous high. While this type of substance abuse may seem like harmless fun, the effects may give the feeling of well-being and reduce inhibitions much like the effects of alcohol and other sedatives. Higher doses produce laughter and giddiness, increased heart rate, and feelings of floating and time and space distortion. And like the effects of alcohol and other sedatives, higher doses produce laughter and giddiness, increased heart rate, and feelings of floating and time and space distortion. Inhalant "highs" may give the feeling of well-being and reduce inhibitions much like the effects of alcohol and other sedatives. Higher doses produce laughter and giddiness, increased heart rate, and feelings of floating and time and space distortion. Inhalant "highs" may give the feeling of well-being and reduce inhibitions much like the effects of alcohol and other sedatives. Higher doses produce laughter and giddiness, increased heart rate, and feelings of floating and time and space distortion. Inhalant "highs" may give the feeling of well-being and reduce inhibitions much like the effects of alcohol and other sedatives. Higher doses produce laughter and giddiness, increased heart rate, and feelings of floating and time and space distortion.