

Inhalants “Huffing”

What are Inhalants?

“Inhalants refers to the vapors from toxic substances which are inhaled to reach a quick high. Of more than 1,000 household and other common products that could be abused as inhalants, some of the most common ones are: Shoe polish, glue, gasoline, lighter fluid, spray paint, correction fluid, lacquer thinner and other paint solvents.

Most common street names for Inhalants include: Air blast, Bolt, Bullet, Buzz Bomb, Hardware, Huff, Laughing gas, Locker room, Moon gas, Poppers, Quick silver, Rush Snappers , White out just to name a few.



How Inhalants are abused.

Abusers of inhalants breathe them in through the nose or mouth in a variety of ways known as “huffing.” They may sniff or snort fumes from a container or dispenser (such as glue or a marker. They may spray aerosols directly into their mouth or place their nose or mouth over a chemical soaked rag. Balloons, plastic and paper bags are also a popular way to get a high.



Health Effects from Inhalants.

Inhalants can effect the brain and the body of the abuser.

Some mild effects are:

- Nausea or Vomiting
- Slurred speech
- Lack of coordination
- Euphoria
- Delusion

Some serious long term effects of huffing are:

- Liver and Kidney damage
- Hearing loss
- Bone marrow damage
- Brain Damage

In case of an emergency

Dial 911

Or

Go to the nearest Emergency room



Kitsap County Substance Abuse
Prevention and Youth Programs

