



## Basic FAQs on Inhalant Abuse

*What is Inhalant Abuse?*

**A.** Inhalant abuse is deliberately “sniffing” or “huffing” fumes, vapors, or gases from common household and commercial products for the purpose of “getting high.”

*What kinds of products are abused by young people?*

**A.** More than 1,400 common household and commercial products are used for the purpose of “getting high.”

**A.** Most products used as Inhalants are inexpensive, legal, and readily available in the home, garage, office, school, or in the local convenience store.

**A.** Products include: computer cleaner, air conditioning coolant, gasoline, felt tip markers, spray paint, air freshener, butane, cooking spray, paint, glue, and hundreds more.

*What can happen to children who abuse inhalants?*

**A.** Children can die anytime they abuse an Inhalant — including the first time — through **Sudden Sniffing Death Syndrome**, suffocation, choking, or a fatal injury.

**A.** Inhalant abuse can damage the brain and other vital organs, such as the heart, kidneys and liver, causing brain damage or other severe physical impairments.

**A.** Inhalants can be addictive and children may progress to illegal drugs or alcohol abuse.