

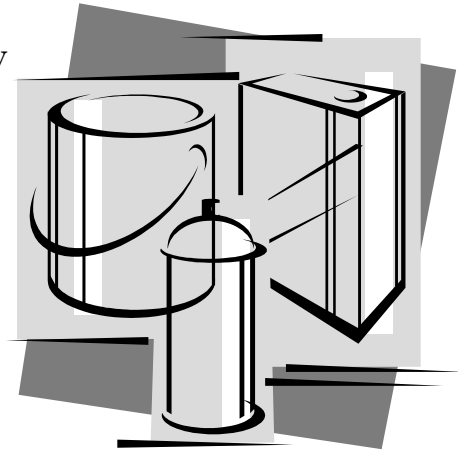
Inhalants Poison Your Body!

What are inhalants?

Inhalants are poisonous gases and vapors from everyday products that are breathed in. They can damage the brain, nerves, lungs, liver and kidneys. Inhalants can cause sores on the face, nosebleeds, and stomach aches.

Since inhalants are found in everyday products, aren't they safe?

No. Even though household, school and shop products have useful purposes, they can be poisonous to the body. These products are not meant to be inhaled.



Doesn't it take many "huffs" before you're in danger?

No. One "huff" of an inhalant can kill you. Inhalants can also be addictive and abusers may need more to get the same effect. When some users try to stop, they get headaches, chills, stomach cramps and seizures.

Using inhalants, even **1 time, can cause:**

- trouble breathing
- choking on vomit
- burns
- poisoning
- sudden death

If you or someone you know has been using inhalants, ask for help. Talk to a school counselor or nurse, a friend, a parent or call:

NH Teenline/Headrest	800-639-6095
The NH Helpline	800-852-3388
The Poison Center	800-222-1222



www.chadkids.org/goto/childhealthmonth

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society and Safe Kids New Hampshire 10/05