



1-800-222-1222, or in Omaha, 955-5555

INHALANT FACT SHEET

Symptoms of inhalant abuse:

paint or stains on body or clothing	red eyes or nose
spots or sores around the mouth	chemical breath odor
drunk	nausea
dazed or dizzy appearance	loss of appetite
anxiety	excitability
irritability	poor school attendance

Onset:

Chronic use is seen in young and late adolescence. While experimental use is seen in late childhood and early adolescence, abuse is short lived with cessation in late adolescence.

Fast and Multiple Intoxication:

Inhalants are short-acting with rapid onset so users can get high several times over a short period of time. Attractive to the individual who wants immediate gratification.

Gender:

Experimental use equally common in males and females. Chronic use most common in males. Morbidity and mortality more common among chronic male users.

PREVENTION

- Talk to your children about the dangers of drug use and abuse.
- Really listen to your children and help them feel good about themselves.
- Help your child develop strong values and assist them in dealing with peer pressure.
- Be a good role model.
- Read labels and request non-toxic substitutes whenever possible. Buy school and home products with care.
- Watch for subtle changes in behavior and attitude.
- Seek professional assistance quickly if you detect a problem or have a concern.