



# National Inhalants & Poisons Awareness Week

## March 19-25, 2017

There are more than 1,400 common household and commercial products that are potentially dangerous when inhaled. Most are readily available in the home, garage, office, school, or at the local convenience store.

Alliance for Consumer Education:

<http://www.consumered.org/learn/poison-prevention/nipaw>

Inhalant abuse can damage the brain and other vital organs, it can cause severe physical impairments, even death.

### IN THE US:

- 5.30% of children aged 12-17 reported using inhalants to get high at least 1 time. (2014 National Survey on Drug Use and Health NSDUH)



### IN NH:

6.4% of high school students said that they have used inhalants to get high at least 1 time (2015 YRBS)

### THINGS TO DO:

- Learn the dangers, signs & symptoms of inhalant abuse through this free, on-line training: [www.inhalantabusetraining.org](http://www.inhalantabusetraining.org)
- Teach product safety by reading labels and carefully following directions.
- Seek professional help by talking to a school nurse, counselor, physician and/or other health care professional.

### FOR HELP & INFORMATION:

- NH Bureau of Drug & Alcohol Services—800-804-0909
- NH Treatment Locator—<http://nhtreatment.org/>
- Drug-Free NH—<http://drugfreenh.org/>
- Northern New England Poison Center—800-222-1222  
<http://www.nnepc.org/>
- Alliance for Consumer Education—<http://www.inhalant.org/>
- New England Inhalant Abuse Prevention Coalition—[www.inhalantprevention.org](http://www.inhalantprevention.org)

### Short-term Effects of Inhaling Include

- ⊙ headaches
- ⊙ muscle weakness
- ⊙ abdominal pain
- ⊙ severe mood swings
- ⊙ violent behavior
- ⊙ belligerence
- ⊙ slurred speech
- ⊙ numbness
- ⊙ tingling of hands and feet
- ⊙ nausea
- ⊙ hearing loss
- ⊙ depressed reflexes
- ⊙ stupor
- ⊙ loss of consciousness
- ⊙ limb spasms
- ⊙ fatigue
- ⊙ lack of coordination
- ⊙ apathy
- ⊙ impaired judgment
- ⊙ dizziness
- ⊙ lethargy
- ⊙ visual disturbances

Source: <http://www.consumered.org/learn/inhalant-abuse/dangers-effects>