

# INHALANTS

## WHAT YOU NEED TO KNOW

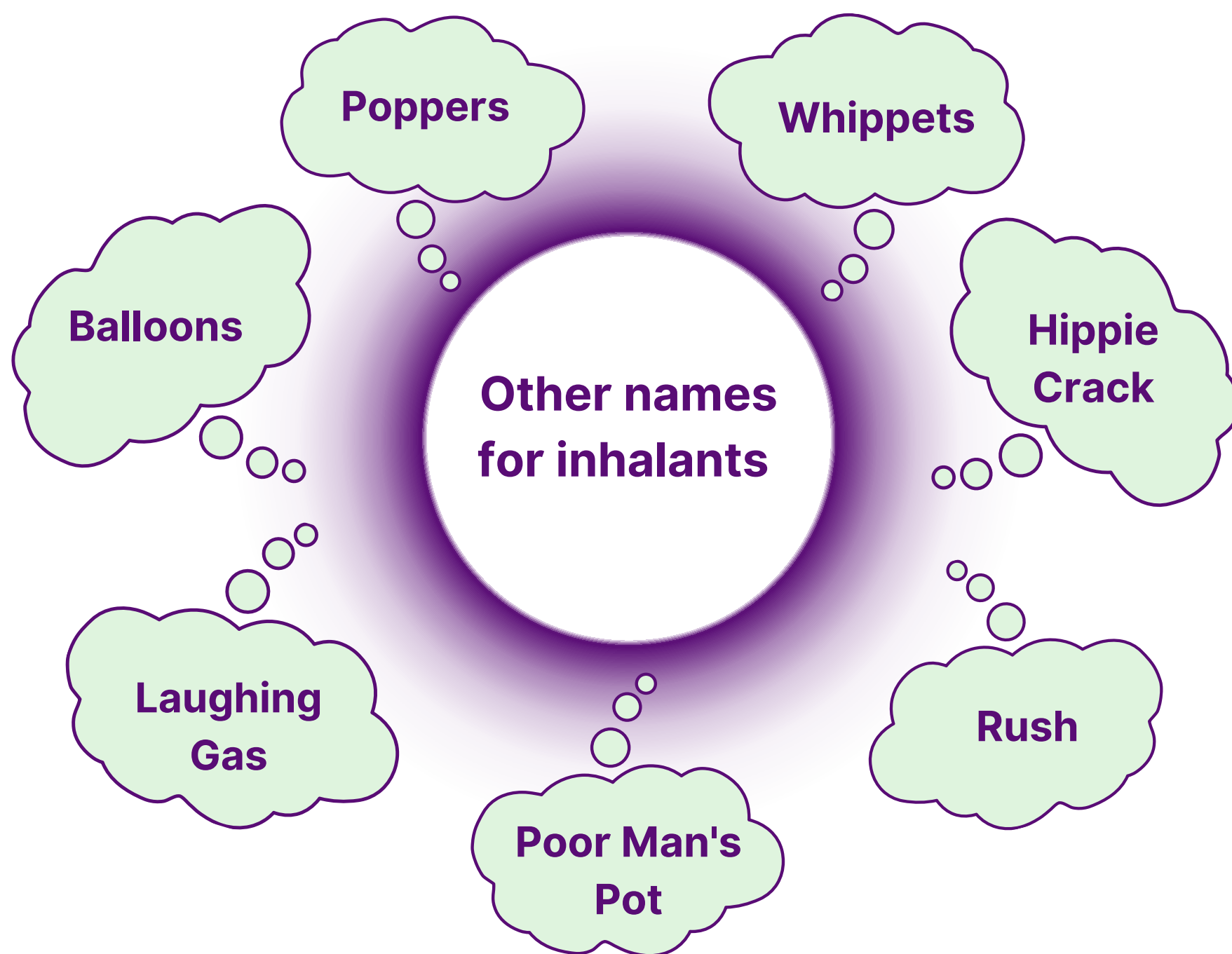
### What are they?

### Inhalants are psychoactive



Inhalants are substances that affect the mind and cause feelings of euphoria (joy or happiness) when breathed in. The effects are temporary, lasting 15 to 30 minutes.

Types of inhalants include household chemicals (e.g. glue, gas, paint thinner, permanent markers, hair spray) or gases, like nitrous oxide ('whippets') and nitrites ('poppers').

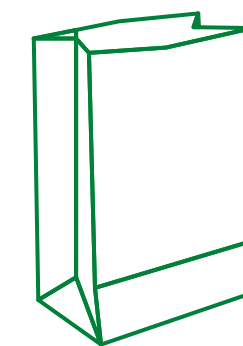
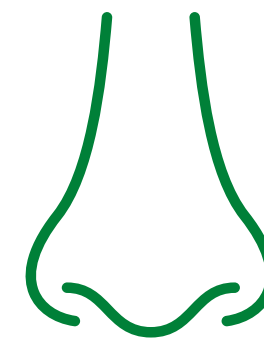


### How are they used?

**Sniffing:** Inhaling through the nose.

**Huffing:** Inhaling through the mouth.

**Bagging:** Inhaling through a paper bag placed over the mouth, nose, or head.



### What are the effects?



Inhalants cause a head rush seconds after use. This can lead to a headache and dizziness.



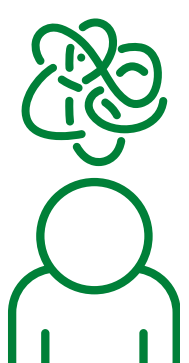
Inhalants can cause the heart to stop—even with first time use. This is called 'sudden sniffing death'.



The effects of inhalants can look like alcohol intoxication (e.g. a loss of coordination and slurred speech).



Inhalants can lower inhibitions, which increases the risk of having unsafe sex and accidental injury.



Inhalants can also cause intense hallucinations. It may lead to paranoia and aggression.



Long-term use can cause brain toxicity. This can cause nerve pain and psychosis.

# INHALANTS

## When do you seek emergency help?



**Overdose or poisoning:** The result of taking too much of an inhalant, or combining an inhalant with other substances.

**Signs:** Unconsciousness, no breathing, seizures, and a shallow or irregular heart rate.

**Get help right away!** Inhalant overdoses or poisonings are an emergency.

### Did you know?

Many common household products can be used as inhalants (e.g. nail polish remover, cooking spray, glue). These products tend to be relatively cheap and easy to find in stores.

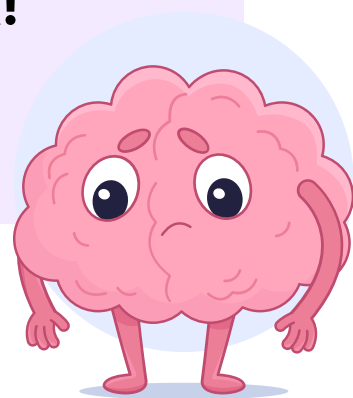
Because of this, youth who can't access age-restricted substances tend to make up a large portion of inhalant users.

## Inhalants and the Brain

Inhalants can cause long lasting damage to the brain- especially the parts involved in thinking, hearing, seeing, and moving.

They have been linked to **hearing loss**, **movement disorders**, and **dementia** (a condition characterized by the progressive loss of memory).

Developing brains are at the **highest risk!**



## How to stay safer

- 1 **Avoiding inhalant use** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Don't mix!** Mixing inhalants with other substances can greatly increase your risk of serious side effects- including a bad trip.
- 3 **Plan for safety.** Have a ride arranged for after you use an inhalant. Bring condoms in case sex is a possibility.
- 4 **Avoid bagging.** Using a bag to take an inhalant can lead to accidental suffocation. If using a bag, use paper not plastic.
- 5 **Moderate use.** Regular use can affect your health and relationships with others.
- 6 **Have a friend with you** in case you need help.
- 7 **Timing matters!** Avoid using inhalants if you have to go to work and school, as they can impair your judgement and coordination.

For more information visit us at:

[www.DECYDE.ca](http://www.DECYDE.ca)