



If you have any questions about alcohol or other drugs, call:

Illinois Department of Human Services
Division of Alcoholism and Substance Abuse

1-866-213-0548 (toll-free Voice)

1-866-843-7344 (toll-free TTY)

If you have questions about Illinois Department of Human Services (IDHS) programs or services please call or visit your local Family Community Resource Center (FCRC). We will answer your questions. If you do not know where your FCRC is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

1-800-843-6154

1-800-447-6404 (TTY)

You may speak to a representative between:
8:00 a.m. - 5:30 p.m.
Monday - Friday (except state holidays)

Visit our website at:
www.dhs.state.il.us



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INHALANTS

Facts You Should Know About



Inhalants are breathable chemicals that produce mind altering vapors. People do not think of inhalants as drugs because most of the products used as inhalants are sold legally for another purpose. There are over a thousand of these products, and typically they are broken into 3 categories. The first category is volatile solvents and includes such items as glue, spray paint, aerosol deodorant, nail polish remover, paint thinner, type correction fluid, markers, gasoline, spot remover, vegetable cooking spray, butane, propane, and helium. The second category is anesthetics and includes such chemicals as nitrous oxide and ether. The third category includes the amyl, butyl, and isobutyl nitrites such as room fresheners.

Slang Terms:

Laughing Gas	Rush	Whippets
Snappers	Poppers	

Methods of Intake:

- Sniffing or Snorting
- Bagging (inhaling fumes from a plastic bag)
- Huffing (stuffing an inhalant soaked rag into the mouth)

THE HIGH:

Inhalants can cause intoxicating effects that last anywhere from a few minutes to several hours if the inhalants are taken repeatedly. Initially users may feel slightly stimulated. With successive inhalations, users feel less inhibited and less in control. Finally a user can lose consciousness.

THE LOW:

Inhaling highly concentrated amounts of the chemicals can directly induce heart failure and death. High concentrations of inhalants can also cause death from suffocation by displacing oxygen in the lungs and then in the central nervous system so that breathing ceases. Other irreversible effects are hearing loss, limb spasms, and central nervous system or brain damage. Serious but potentially reversible effects include liver and kidney damage and blood oxygen depletion.

Side Effects:

Nausea	Loss of appetite
Bad breath	Double vision
Runny/bloody nose	Lack of coordination
Eye irritation	Sneezing
Erratic heart beat	Coughing
Vomiting	Diarrhea
Headache	Chest pain
Ringling in the ears	Poor memory
Anxiety	Irritability
Confusion	Moodiness
Aggressiveness	Hand Tremors
Fatigue	
Sores/rash around mouth/nose	
Less concern about appearance	

Sources:

- <http://www.lec.org/DrugSearch/Documents/Inhalants.html>
- <http://www.inhalants.org>
- <http://www.drugfreeamerica.org>

SUBSTANCE ABUSE TREATMENT FACILITY LOCATOR

If you would like to know what substance abuse treatment providers are in your community, contact one of the following helplines:

- 1-800-662-HELP
- 1-800-662-9832 (Espanol)
- 1-800-228-0427 (TTY)

OR, visit the following website:

<http://findtreatment.samhsa.gov/TreatmentLocator>