

## QUICK FACTS

- Huffing is the act of breathing fumes from household substances to get high.
- Huffing is also known as sniffing, inhalant abuse, bagging, snorting, or spraying.
- It is usually done to feel euphoria, or to experience visions or hallucinations.
- Huffing is common among children and youth who do not have access to other drugs.
- The effects of huffing are immediate and do extensive damage to the brain and body.

## SUBSTANCES USED IN HUFFING

- Spray paint, which is one of the most common substances used in huffing.
- Chemicals found in household aerosol sprays.
- Cleaning fluids.
- Glue.
- Paint thinner or nail polish remover.
- Amyl nitrite.
- Gasoline.
- Electronic contact cleaners.
- Correction fluids.
- Felt-tip marker fluid.
- Nitrous oxide.
- Lighter fluid.

## SIGNS AND SYMPTOMS OF HUFFING

- Intoxication (similar to alcohol intoxication).
- Slurred speech.
- Loss of coordination.
- Chemical odors.
- Drowsiness.
- Dizziness or lightheadedness.
- Loss of inhibition.
- Irritability, moodiness, or aggression.
- Redness in and around the eyes.
- Lethargy.
- Muscle weakness.

## HEALTH RISKS OF HUFFING

- Asphyxiation or suffocation.
- Sudden sniffing death syndrome (SSNS), which is sudden heart failure that can occur even with first-time inhalant abuse.
- Cognitive impairment, lowered IQ, memory loss, and impaired judgment.
- Hearing loss.
- Seizure.
- Coma.
- Bone marrow damage.
- Brain damage.
- Neurological issues.
- Liver toxicity.
- Kidney damage.
- Heart failure.
- Physical and developmental damage to a fetus, or miscarriage.

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## SIGNS THAT SOMEONE MAY BE HUFFING

- Paint or marker residue on a person's face.
- Sniffing one's sleeves or other parts of clothing.
- Changes in behavior.
- Paint or paint cans missing from home supply.
- Paint-covered rags hidden in the trash.
- Painting fingernails with magic markers or correction fluid.
- Sitting with a pen or marker held close to the nose.
- Hiding empty containers or clothes in closets or the garage.
- Frequent trips to hardware stores.
- Having empty lighters or paint cans in car or garage.

## TREATMENT FOR HUFFING

- Emergency treatment for acute intoxication may be needed.
- Cognitive behavioral therapy (CBT).
- Family therapy.
- Relapse prevention education.
- Motivational therapy.



## TAKE ACTION

If you or someone you love is huffing, the sooner you address the issue, the better the outcome.

- Reach out to your primary care physician, a mental health professional, or your child's pediatrician or school counselor.
- Remember that early intervention is always best for you or your loved one's health and well-being.

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Resources available upon request.

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