



Using inhalants can **KILL** you, even the first time.

Harmful effects of sniffing:

- Brain damage
- Memory loss
- Nausea, dizziness and feeling ill
- Sudden sniffing death
- Loss of concentration and athletic ability

When chemicals and other poisons are around:

- open a window and turn on a fan to ventilate the room
- read the product label before use and ask an adult if you're not sure
- stay away from fumes and try not to get on your clothing or skin



RMHOnline.com

Inhalants Stink!

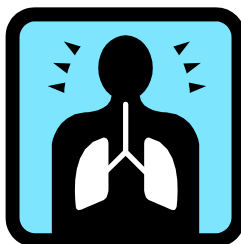
Be safe. Be smart. Don't use inhalants.

Inhalants are poisons whose vapors are intentionally breathed to produce a toxic effect on the body.

Breathing in toxic fumes starves your body of oxygen and destroys brain cells, which can lead to brain damage.

8% of Virginia 8th graders used inhalants in the past 30 days, **double the national average** of 4%.

92% of Virginia 8th graders DO NOT use inhalants



You can keep your body safe and healthy by not using inhalants.

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www.vdh.state.va.us

Kids: Talk with Your Parents About Inhalants

According to surveys, many more parents have discussed alcohol, tobacco and other drugs than inhalants with their children.

Alliance for Consumer Education

Signs of Inhalant Abuse:

- glazed, glossy or watery eyes
- odor on breath or clothing
- runny or bloody nose
- drastic changes in behavior or mood

If you notice any of these signs in a friend, talk to an adult. For more information, visit www.inhalant.org.

IF YOU THINK SOMEONE HAS BEEN POISONED FROM INHALANTS, CALL:



BLUE RIDGE POISON CENTER



www.uwhr.org/strongfamilies