



Manitoba Addictions Awareness Week

Revised 2005/06

FAST FACTS ON INHALANTS

- Inhalants are products with poisonous fumes that people inhale to get high.
- Inhalant abuse occurs when people inhale substances to get high, instead of using them for their manufactured purpose.
- In the Addictions Foundation of Manitoba survey ***Alcohol and other Drug Use In Manitoba Students*** published in May 2005, about 3% of all high school students surveyed reported using inhalants in the past year.
- Over 1400 products are used as inhalants.
- Most inhalants are products made from crude oil (petroleum) including gasoline, automotive fluids and various consumer products called solvents.
- Inhalants are commonly called solvents because so many solvents are used as inhalants.
- Solvents are products that are good for dissolving, coating or sticking to surfaces. Solvents have poisonous fumes and evaporate easily.
- Inhalants are also commonly known as sniff.
- Inhalants are taken into the body by sniffing, or by breathing them in through the mouth (huffing).
- Inhalant abuse is a common form of drug abuse around the world because inhalants are cheap, accessible and produce an almost immediate high.
- The poisonous chemicals in inhalants make users sick, and can even kill.
- Inhalant abuse is very dangerous because inhalants can damage internal organs including nerve cells and brain cells.
- Pollution from petroleum products and aerosol containers can poison the air, land and water.

