

Side Effects of Inhalants

- ◆ Dizziness
- ◆ Strong Hallucinations
- ◆ Delusions
- ◆ Belligerence
- ◆ Apathy
- ◆ Impaired Judgment

Death can occur after a single use of inhalants or after prolonged use. Sudden sniffing death (SSD) may result within minutes of inhalant abuse from irregular rhythm leading to heart failure.

Additional information on Inhalants can be found by contacting the Army Substance Abuse Program or by visiting acsap.army.mil



ARMY SUBSTANCE ABUSE PROGRAM

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INHALANTS



ARMY SUBSTANCE
ABUSE PROGRAM



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What are Inhalants?

- Inhalants are breathable chemical vapors that produce mind altering effects.
- The term inhalant is used to describe any household chemical that is sniffed, huffed, or bagged.
- Inhalants include, and are not limited to, chemicals such as paint thinner, gasoline, spray paint, hair spray, air fresheners, lighter fuels, dry cleaning fluid, degreaser, nitrous oxide, correction fluid, whip cream cans, nail polish remover, and PVC cement.



Types of Inhalants

There are four types of inhalants:

Volatile Solvents (glues) - Liquids that vaporize at room temperature.

Aerosols (hair spray) - Sprays that contain propellants and solvents.

Gases (laughing gas) - Include medical anesthetics as well as gases used in the household or commercial products.

Nitrites (Butly Nitrite/ "Pooper") - Often considered a special class of inhalants. Unlike other inhalants Nitrates dilate blood vessels and relax the muscles.



How are Inhalants Abused?

Inhalants are ingested by breathing in the vapors of the product.

Several methods of inhalation can be used by abusers:

- Directly from open containers
- Spraying Aerosols directly into nose or mouth
- Directly from a bag/rag



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Abuse of alcohol or the use of illicit drugs by both military and civilian personnel is inconsistent with Army Values, the Warrior Ethos, and the standards of performance, discipline, and readiness necessary to accomplish the Army's Mission.



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