

# Huffing



## What is huffing?

Inhalant abuse (commonly called "huffing") is the intentional inhalation of chemical vapors to attain a mental "high" or euphoric effect.

## Signs of huffing

- Paint or stains on clothing or body, especially face and hands
- Presence of chemical-soaked rags, plastic or paper bags, socks, clothing or latex balloons
- Drunk, dazed, dizzy or drowsy appearance lacking explanations
- Anxiety, excitability, irritability
- Red or runny eyes or nose
- Spots, sores or rash around the mouth or nose
- Chemical breath odor
- Nausea, loss of appetite, drooling
- Unexplained abusable products hidden, nearby or in possession of suspected abuser

## Concerns

- Huffing is increasing in kids and younger adults
- Primary population of inhalant abusers is the 12 to 17 age group
- Products to get high are cheap and legal to buy at any age
- Parents of teens need to be especially vigilant about signs of inhalant abuse (huffing), since the abused substances are simple household items and not readily identifiable as drugs of abuse.

## Use caution with suspected abusers

- Try not to frighten
- Abusers may be very excitable and give in to impulsive or violent behavior
- They may use unanticipated physical strength
- Any fright may cause sudden heart failure
- If unconscious, remove vapor source/bag, use CPR to stabilize
- Contact Law Enforcement immediately

Huffing is not only extremely dangerous, but also illegal. The Bismarck Police Department encourages citizens to be on the lookout for evidence of huffing behavior, especially in children.