

Examples of Inhalants and Safer Alternatives

Product Type	Source of Inhalant	Prevention Strategies		
		Use "Water-Based" Products	Supervise Use of Solvent-based Products	Other Strategies
General Supplies	Cements and glues	•	•	
	Typewriter correction fluid	•	•	Better idea: Use "correction tape"
	Magic markers, dry erase markers	•	•	Better idea: Use "low odor" markers
Cleaning supplies	Any product in an aerosol can			Use hand pumps instead of aerosol cans
	Aerosol air fresheners & deodorizers		•	Use solid air fresheners
	Computer Cleaner ("gas duster")		•	Use canned carbon dioxide
Wood Shop	Paint, varnishes, stains, paint thinner	•	•	
	Contact cement	•	•	
Art Supplies	Rubber cement	•	•	
	Printing inks	•	•	
	Spray paint and clear finishes	•	•	
Auto	Degreasers, spray lubricants, solvents, Freon, brake fluid, gasoline, lacquers, lacquer thinners		•	
Health and Beauty	Nail polish, nail polish remover, hair spray		•	
	Deodorants		•	Use stick deodorant
Cooking Supplies	Cooking spray		•	Use oil spray pump
	Whipping cream in aerosol cans, whipping cream cartridges (whippets)		•	Use whipped cream in a tub or make from scratch

Strategies for Decreasing the Risk of Inhalant Abuse

1. Identify products that can be abused. One clue is a label warning: "Intentional misuse by deliberately concentrating and inhaling the content can be harmful or fatal." (From a can of cooking spray); "Avoid breathing vapors." (From a can of paint); "Use in a well ventilated area." (From a can of spray lubricant).
2. Find non-toxic substitutes. Many products such as correction fluid, glues, markers, paints and stains have water-based or non-toxic versions. Be aware that some products marked with an "AP Non-Toxic" label contain solvents and are being abused by students.
3. When a safer product cannot be substituted, use under close supervision. Account for usage, check product inventory going in and going out and be aware of disappearing supplies.
4. Don't discuss specific products. This may arouse curiosity and lead to increased experimentation. Teach children about the dangers of vapors and gases and about safe use of products. Avoid making the connection that these products can be used as drugs and as always stress that these products are dangerous poisons, toxins, and pollutants. A chart like the one above is intended for adults only.

Source: Massachusetts Inhalant Abuse Task Force