

Inhalant Abuse Check List

ADULTS ONLY

- **Kitchen**
 - Whipped cream
 - Whippets (Nitrous oxide cartridges)
 - Pam
 - Insecticides
 - Spray (aerosol) cleaners
- **Basement or workshop**
 - WD40
 - Fabric protector (Scotch Guard)
 - Paint, cans or spray (especially gold or silver spray paint)
 - Paint thinner
 - Mineral spirits
 - Toluene
 - Paint remover, stripper
 - Lacquer thinner
 - Contact cement
 - Solvent-based caulking
 - Contact cleaner
 - Turpentine
- **School and art supplies**
 - Correction fluid
 - Correction fluid thinner
 - Permanent magic markers
 - Dry erase markers
 - Contact cement
 - Rubber cement
 - Ducco cement, airplane or model glue
 - Spray adhesive
 - Computer gas duster
- **Bathroom**
 - Hair spray
 - Air freshener
 - Nail polish and nail polish remover
 - Spray deodorant
 - Spray cleaners
 - Asthma inhaler
- **Garage**
 - Gasoline
 - Coleman stove fuel
 - Propane (barbeque grills, portable torches)
 - Carburetor cleaner
 - Charcoal starter fluid
 - Starter fluid
 - Flat tire repair aerosol cans (“Fix-A-Flat”)
- **Miscellaneous**
 - Any spray (aerosol) cans
 - Mothballs
 - Freon
 - Air conditioners
 - Refrigerators
 - Halon (from fire extinguisher)
 - Gas cigarette lighters
 - Gas cigarette lighter refills (butane)
 - Lighter fluid
 - Dry cleaning fluid and spot removers
- **Anesthetics**
 - Nitrous oxide
 - “Whippets” (mini-tanks)
 - Whipped cream cans
 - Ether
 - Chloroform
- **Nitrites**
 - Amyl nitrite
 - Butyl nitrite

Examples of Paraphernalia

- Plastic bags
- Paper bags
- Rags
- Toilet paper tubes stuffed with tissues
- Empty soda cans
- Empty cologne or perfume bottles
- Balloons (Nitrous oxide)
- Tanks (Nitrous oxide)

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Adapted by
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Created by the **Maine Inhalant Abuse Prevention Work Group**

For more information about inhalants please contact:

Maine Office of Substance Abuse & Mental Health Services
Information and Resource Center

Phone: 1-800-499-0027 TTY – 711 (Maine Relay)

Email: osa.ircosa@maine.gov Web Address: <http://www.maine.gov/dhhs/samhs/osa/irc>