

Talk to your kids about huffing (again)

With social media influencing kids now more than ever, it's a good idea to recap the dangers

ANCHOR LEDE

It's nothing new. But in today's digital age it's something young people may be exposed to more.

We're talking about sniffing products like paint, markers or nail polish for a temporary high. You might hear it called huffing, chroming or, in the medical community, inhalant abuse.

Health care providers are again reminding parents about the serious health impacts of this activity and what to do if your child shows symptoms.

TAKE VO

OSF HealthCare physician Justin Rapoff says when you're in a haze, your ability to drive or perform at work or school is diminished.

SOT

Dr. Justin Rapoff [RAP-off]
OSF HealthCare

"You can have cognitive difficulties and even dementia [later in life]. You can have bone marrow suppression and anemia. You can have abnormal coordination." (:07)

VO TAG

If your child shows signs of intoxication – slurred speech, nausea, confusion and a lack of balance are big ones – call 9-1-1 and get them to the emergency department.

Also, talk to your kids about the dangers of huffing. Take note of unusual behavior, like if they buy a bunch of markers.

And, keep items that can be abused out of reach of young people.