



**Some things are  
great to take in.**

***Others aren't.***  
**Inhaling fumes and vapors  
can poison your body.**

Our world is filled with smells and odors that are safe, when breathed normally. But huffing or sniffing household products can cause permanent brain damage and kill you — at any time, even the first time.

Take care of your body: follow product safety guidelines when using solvents, fuels and aerosol cans.

For **free, confidential information**  
call the **24-hour National Poison Control Hotline.**  
**1-800-222-1222**

