



## Solvents . Sniffing

**What is it?** Solvents are substances which are inhaled including glue, nail polish and remover, lighter fuel, petrol, aerosols, cleaning agents and correction fluids.

**The highs** These include feelings of dizziness, euphoria, laughter and sometimes hallucinations. Effects last for up to an hour after inhalation.

**The lows** Sniffing can make the user feel sick and drowsy. More seriously, solvent abuse can kill. Heart failure is possible; users may choke on their own vomit or suffocate with their head inside a glue bag. There have been several tragic deaths through solvent abuse in this country in recent years.

Health Promotion Unit.