



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.