



CHROMING

Inhalants are solvents or other materials producing vapour, which is inhaled or sniffed. Inhalant products include; glue, paint, cleaning products, petrol and gases.

Inhalants are depressants. Some inhalants produce effects similar to alcohol, that is, they slow things down, they make you feel like not wanting to do anything and can make you drowsy, sleepy and tired.

Street names

Glue, gas, sniff, huff, chroming, poppers, and amyl.

Who uses inhalants

Some people use inhalants, as the products used are cheap and easy to get. Most people who use inhalants are only experimenting with them, they might use them once or twice, and then never again.

Other people using inhalants are social users – they use inhalants occasionally depending on what is going on in their lives and eventually grow out of it.

Long-term users have developed a serious problem with inhalants, so that they can't get by without them.

Effects of inhalants

Inhalants or solvents are absorbed directly through the lungs and reach the brain straight away. Heart rate and breathing become slowed.

Inhaling fumes may cause:

- Disorientation
- Hallucinations
- Loss of control
- Headaches
- Nausea
- Suffocating

Deep breathing of solvent fumes can cause death.

Using inhalants is never SAFE

Signs of inhalants misuse

Someone you know might be abusing inhalants if you notice the following:

- Finding unusual amounts of glues, solvents or aerosol containers in their possession
- Chemical smells on their clothes
- Breath smells
- Sores around nose and mouth, runny nose, wet cough

Harm Minimisation

Substances that are inhaled by solvent abusers are easily available and are cheap. Some ways to minimize harm;

- Reduce the access
- Talk to them
- Provide diversion

- Talk to a A&D worker at the local Aboriginal health service

Inhalants and pregnancy

Risks of inhaling solvents is really dangerous during pregnancy for the mother and the baby.

- Inhaling solvents reduce the ability to carry oxygen to the baby's brain
- It may decrease body weight and size
- High doses can cause the death of the baby or even the mother
- Damage to reproductive cells, which means you may not be able to get pregnant

The Law

It's an offence to supply solvents to people who are under 18yrs or if the supplier believes he/she intend to misuse the solvents.

