

The facts about Solvents

What do solvents do to people?

Sniffing solvents makes people feel like being drunk on alcohol. People like this feeling because it helps them forget their problems.

Using solvents is very dangerous. They can:

- damage the heart;
- damage the lungs.

About two people die from sniffing solvents every week.

What do solvents look like?

Solvents are in many products that you can buy in the shops, such as glue, lighter fuel and hair spray.

How do people take solvents?

They sniff them.

How much do solvents cost?

Many of the products that contain solvents are cheap. Because of this it is often younger children who use solvents.

Are they legal?

Yes. But shops cannot sell lighter fuel to people under 18 years old. The police will stop young people using solvents if they catch them.

Other important information

you should know:

It is not safe to chase someone who has been sniffing solvents. This is because of the effect solvents have on the heart.

Young people often sniff solvents in places where they will not be found, such as an old building or near a railway. If there is an accident, there may not be anyone around to help them.

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