



## Inhalants and Aerosols

**Street Names:** huff, sniff, gluey, and whippets.

Aerosols have their own slang terminology including names like; hairspray high, spray and pray, and aero-huffing. This is used to describe the act of inhaling aerosol fumes for recreational purposes. On the street there are also code words for example, someone might mention "bagging groceries" or "getting a sniff of fresh air," can refer to inhalant use.

Inhalants and aerosols are basically substances that people use to get high by breathing in their fumes. You can find these substances in everyday stuff like cleaning products, glue, paint thinner, and sprays that come in cans. There is also petrol, spray paint, and even markers.

When people use inhalants, they usually breathe in the vapours straight from the container or through a cloth soaked with the stuff. Others spray it into a plastic bag and then put the bag over their mouth and nose to breathe in the fumes.

Using inhalants and aerosols can lead to addiction due to the chemicals they contain, which can cause changes in the brain's chemistry. Frequent exposure to inhalants at an early age increases the risk of addiction to harder drugs.

Common indicators include paint or chemical stains on the face or clothing, a strong odour of chemicals, slurred speech, red or watery eyes, and paint or other chemical residues on the hands or clothing. The abuse of inhalants may seem innocent since they're found in everyday, but their misuse can wreak havoc on your body and mind.

### Short Term Effects

Using inhalants poses dangerous risks for your body and mind.

Some immediate effects include impaired judgment, dizziness, and nausea. Inhalants can also lead to accidents, overdoses, and death. It may also cause hallucinations or delusions.

Behavioural signs may include sudden mood swings, irritability, diminished coordination, apathy,

impaired memory or thinking, and a neglect of personal hygiene or appearance. Signs of inhalant abuse may differ.

**Long-Term Effects**

It can damage your lungs, liver, kidneys, heart problems, decreased immune functions and bone marrow. It can also lead to muscle weakness, hearing loss, and vision problems. Inhalants can also cause mental health and cognitive functioning. This means you might have trouble remembering things and focusing on tasks.

Getting addicted to inhalants is a big problem and it comes with a high cost. It is better to stay away from it and not even think about trying it out.