

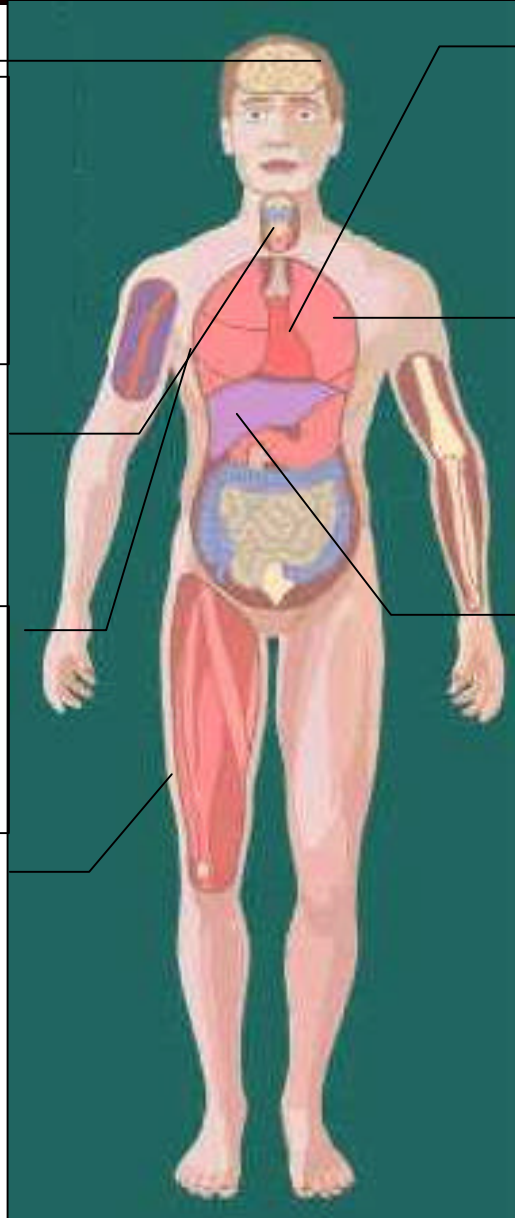
Volatile Substance Abuse Harm and Reduction

Damage to brain – impaired concentration, reactions, memory and function
Don't use solvents
Don't use toluene based compounds

Swelling of windpipe –
Don't spray solvents straight in to the mouth

Suffocation –
Don't use in poorly ventilated areas
Don't place bags over face

Accidents –
risk of hallucinations
Don't use in dangerous places
Don't use alone
Avoid naked flames



Heart Failure: don't use solvents
Don't exert after use – running or other exercise

Chest problems
Don't inhale solvents

Liver Damage –
Don't use solvents
Don't use toluene based compounds