



Taking solvents or aerosols?



Aerosols and solvents (also known as volatile substances) are quick acting and short lasting dissociative drugs.

- Aerosols and solvents can affect your heart - avoid high energy activities e.g. sports. Avoid startling someone that is using aerosols or solvents.
- Ensure you are in a well-ventilated area - avoid using them in confined spaces such as cars and tents.
- Sit down when inhaling - you could collapse if inhaling solvents quickly while standing.
- Aerosols and solvents are often highly flammable and can make surrounding fabrics and furnishings flammable. Empty containers are a fire risk even when empty so avoid smoking around them, putting them near heat or naked flames.
- Avoid mixing different drugs (including alcohol and medicines) as this can cause dangerous or unintended effects. Aerosols and solvents may make the experience of any other drugs you have taken more intense and difficult to control.
- Plan any doses and use a watch or timer to keep track of how frequently you are dosing. Dissociative drugs can cause time distortion - time may feel like it has sped up or slowed down.
- Inhaling directly from an aerosol and canister is dangerous. To release gas from an aerosol or canister, spray into a rag or cap before use and only use your own.
- Avoid sharing equipment as this can spread infections.
- Avoid using a mask or bag for breathing in aerosols as it can be difficult to take a breath of normal air in between each inhalation- and this is important to prevent suffocation from lack of oxygen.
- If you are planning on trying aerosols or solvents, try to have a sober friend there with you to offer help and support.

PLEASE PICK UP ANY LITTER BEFORE YOU LEAVE A PUBLIC SPACE.

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