

## Harm Reduction

### Key messages for people who sniff



#### Never sniff:

- in an enclosed space;
- when you are alone;
- with a bag over your head so that air can't get in;
- if you have drunk alcohol or used any other drugs or before you exercise;
- when you are smoking or near a lit cigarette or fire;
- Do not spray a substance directly into your mouth.

#### If someone is sniffing, huffing, bagging or chroming:

- make sure there is fresh air in the place;
- open windows and doors;
- never fall asleep (or let someone else fall asleep) with a bag over their face;
- don't chase them or try to hold them if they are struggling - this could be dangerous for their heart;
- keep other people away from them if they are acting aggressively;
- get help if there is danger to the person or other people- call the police, someone responsible for safety in your community, or an older person who will know what to do.

#### If you are looking after someone who has been sniffing, huffing, bagging or chroming:

- if you can smell fumes (e.g. from the person or their clothing), let fresh air into the room and keep them away from flames (e.g. lighters, fires);
- make sure someone watches the person for at least six hours to make sure they are recovering.

#### Call an ambulance or contact local emergency medical services if the person:

- is getting more anxious or agitated;
- is acting or talking strangely;
- has collapsed or 'blacked out' and you cannot wake them;
- the person is losing consciousness or their thinking is becoming less clear. (You may have to gently wake the person to check);
- has turned an unhealthy-looking colour in their face, fingertips or lips (looks pale, blue or darker than normal), or has cold or sweaty fingers. (Any of these signs could mean their blood is not flowing properly and they are not getting enough oxygen);
- has a seizure (convulsion, fit).