



Drug and alcohol support for **young people**
Drug & Alcohol Factsheets: Number 1
Nitrous Oxide

What is it?

A sweet –tasting colourless gas . Also known as Laughing Gas, Nos, or balloons (as it is often inhaled from a balloon)

What are the risks?

- Users may get a headache, or fall over and hurt themselves
- Mixing nitrous oxide with other substances increases the risks
- Some ways of using nitrous oxide can be more dangerous. People should not inhale from a plastic bag or direct from the cracker as this can lead to suffocation or frostbite.
- Using too much increases the risk, and can lead to health problems such as lack of vitamins.
- People have been known to die from using it incorrectly, mixing with other drugs, or if they have accidents or health problems.

What are the effects?

Euphoria (feeling great), laughter, relaxation, changes to sounds, hallucinations (things look different to usual, or you might see things that aren't there).

Nitrous Oxide is a depressant drug that will slow your system down. People may feel sick, dizzy, or fall over.

The effects only last a few seconds so some people are tempted to use more.

If you or others think you might need to speak to someone about your drug or alcohol use, call us on **01744 675605** or email

ypdaat@sthelens.gov.uk.

For more information visit our website;

www.sthelens.gov.uk/ypdaat

Staying Safe Tips:

Don't Use it!

If people do choose to use they should:

- Not use too much or too often
- Take breaks from using
- Not use from a plastic bag or directly from the cracker – these can lead to death.
- Not use other drugs, including smoking and drinking at the same time
- Not use if they have heart or other health problems
- Make sure they stay with friends

The Law:

Illegal to supply (give or sell) to anyone under 18 if it is to be inhaled. It is not illegal to possess Nitrous Oxide.