



# NOS

## The Facts

**Nitrous Oxide might sound fun, but the risks are not to be laughed at.**



INSIGHT



THE ROYAL BOROUGH OF  
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## What is Nitrous Oxide?

Nitrous Oxide or Laughing Gas is a colourless gas that comes in small pressurised metal canisters, often called whippits. It's called Laughing Gas as it often causes people to burst out laughing when inhaled.

As well as causing the 'giggles', Nitrous Oxide slows down messages between the brain and body and can cause accidents and serious harm.

## How is it used?


The gas from the whippit is transferred to a balloon through a dispenser. The gas is then inhaled from the balloon.

## How does Nitrous Oxide make you feel?

Most people will experience short lived and intense feelings of:

- the giggles
- joy and relaxation
- changes to sounds, sight and touch

You can also experience negative feelings of:

- dizziness
  - headaches
  - fainting or falling over
  - confusion
  - seeing or hearing things that aren't real
- 



## **What to do in an emergency:**


**Always make sure your mobile phone is topped up and fully charged before going out.**

**If someone is unconscious but breathing, and has no other injuries that would stop them being moved, place them in the recovery position and phone for an ambulance.**

**Stay with them to ensure they continue to breathe normally. If someone is unconscious and not breathing, call 999 and start CPR right away.**

**The quicker an ambulance is called the less likelihood there is of serious illness or death.**

**Nitrous Oxide whippets aren't illegal to possess. It is illegal though to give or sell them to someone else if they are to use them to get high.**





**Go low and slow**



**Don't mix with other drugs & alcohol**



**Look out for your mates**



**Get help if something goes wrong -  
call 999 for the emergency services**



**Don't share balloons**

**For further support and advice please call**



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