




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

-  Nitrous Oxide or Laughing Gas is a colourless gas that comes in small pressurised metal canisters, often called whippits.
-  It slows down messages between the brain and body and can cause accidents and serious harm.
-  The gas from the whippit is transferred to a balloon through a dispenser. The gas is then inhaled from the balloon.



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Keep yourself safe

The best way to stay safe is to not use Nitrous Oxide.

Never inhale straight from the canister or dispenser.

If you do decide to use, know what the risks are and the safest way to use.

Never share balloons or dispensers with others.

Always dispose of the canisters (whippits) safely.

Never inhale by putting a bag or balloon over your head.

Always call 999 for an ambulance in an emergency.

Avoid mixing Nitrous Oxide with other drugs and/or alcohol.

Contact MYPAS for further information, advice and support

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