

THE LAW



IN NOVEMBER 2023 NITROUS OXIDE BECAME A CLASS C DRUG, MAKING IT ILLEGAL TO POSSESS AND/OR SUPPLY

Possession could get you a 2 year prison sentence, an unlimited fine or both.

Supplying someone else, even friends, can get you up to 14 years in prison.

It is illegal and extremely dangerous to drive under the influence, not only to yourself but to other road users and pedestrians.

If caught driving under the influence, you could receive a heavy fine, driving ban, prison sentence, or both.

NITROUS OXIDE

IT'S NO 'LAUGHING' MATTER



HELP AND ADVICE

PRANK

0300 123 6600 or text 82111

Re-Solv

01785 810 762 or
TEXT/WHATSAPP 07496 959930



www.themix.org.uk



FESTIVAL SAFE

www.festivalsafe.com

IT CAN LEAD TO LIFE IN A WHEELCHAIR

WHAT IS NITROUS OXIDE?

A colourless gas sold in cannisters and usually inhaled using a balloon. It has a sweet taste and odour that has depressant and dissociative properties. **ALSO KNOWN AS:**



- Laughing Gas
- NOS
- Whippets
- Balloons
- Hippie Crack
- Chargers



HOW IS IT USED?

The gas contained in the cannister is usually transferred into a balloon and is then inhaled. It is often used recreationally as part of the club scene or at festivals. It is also used in medicine and dentistry for pain relief (mixed with over 30% oxygen).

Use of Nitrous Oxide can become addictive.

HOW DOES IT MAKE YOU FEEL?

This depends on how much you have inhaled. It slows down your brain and body responses. It can make you feel euphoric, relaxed, calm.

You can experience fits of laughter (Laughing Gas) and it can cause hallucinations (seeing things that aren't there).

Short-lived paranoia, which prevents you from thinking straight. It also causes dizziness.

It is possible to become psychologically dependent on Nitrous Oxide.

EFFECTS LAST A SHORT TIME SO USERS OFTEN RE-DOSE USING MORE THAN THEY INTENDED

HEALTH ISSUES

Mental Health including:

Hallucinations, Severe Headaches, Disorientation, Memory Loss.

Lung & Heart including:

Breathing Issues, Tight Chest, Low Blood Pressure, Hypoxia.

Heavy regular use can lead to Vitamin B12 deficiency and Anaemia.

Symptoms include: Fatigue, Lethargy, Breathlessness, Headaches, Palpitations, Pale Skin, Feeling Faint, Loss of Appetite, Weight Loss.

RISKS

- It is very dangerous to inhale Nitrous Oxide straight from the cannister. This can damage your throat and lungs, stop your breathing and slow your heart rate to dangerous levels.
- Placing a plastic bag over your head and also inhaling in an enclosed space is also very dangerous.



WHAT TO DO IN AN EMERGENCY

If someone is unconscious, but breathing, put them in the recovery position and phone for an ambulance.

Stay with them and ensure they are breathing normally.

If the person is unconscious and not breathing call 999 and start CPR straight away.

IT IS POSSIBLE TO BECOME PSYCHOLOGICALLY DEPENDENT ON NITROUS OXIDE