



NITROUS OXIDE

TYPE : Inhalant. Sedative

Just say no,
and here's why...

**THE
FACTS.
YOUR
FUTURE.**

Nitrous Oxide Facts

OVERVIEW

Nitrous Oxide deaths increased 578% from 2010 to 2023. Today, middle schoolers use this drug to get “high” more than any other age group. This deadly drug can cause serious damage to your brain and body, like cancer and hearing loss, and is never safe to use unless supervised by a medical professional.

WHAT IT LOOKS LIKE

Nitrous Oxide, also called laughing gas, is a colorless gas that dentists and doctors use to relax patients during procedures. It has a slightly sweet smell and can be found in everyday items, like whipped cream cans, cooking sprays, and computer cleaners.

DANGERS OF NITROUS OXIDE

Misusing Nitrous Oxide just once can kill you. Nitrous Oxide can stop your heart from beating, a phenomenon called Sudden Sniffing Death Syndrome. Without doctor supervision, it is impossible to know how much Nitrous Oxide you are breathing in when inhaling it or what other substances you could be inhaling, like cancer-causing chemicals.

SHORT-TERM EFFECTS:

- Hallucinations
- Loss of coordination
- “Sudden Sniffing Death Syndrome” or fatal heart failure
- Nerve damage

IMPACTS ON YOUR BRAIN:

- Permanent nerve damage
- Memory and hearing loss
- Depression
- Brain and spinal cord damage

COMMON NAMES: Laughing Gas, Whippets, Nos, Nangs, Hippy Crack, Sweet Air



Breathing in nitrous oxide causes a short-term intoxicating effect that can quickly turn **dangerous.**