



# Nitrous Oxide (NOS)

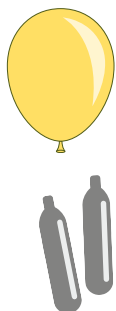
## What Parents and Caregivers Need to Know

### What is nitrous oxide?

**Nitrous oxide**, also called “NOS” or “laughing gas,” is an odorless gas.

It has many uses, such as **managing pain** during dental procedures and pressurizing **whipped cream** dispensers.

When misused, it is inhaled from **balloons** filled from larger tanks or from **small metal canisters** called “whippets.”



### Why is it trending?

Nitrous oxide has long been misused for the **dizzy, relaxed feeling** it causes in the brain.

Now, it is being sold in **sweet flavors** like blue raspberry and vanilla cupcake, which appeal to youth.



Teens can buy it easily at **smoke shops and online retailers** like Amazon, then share it among friends and at parties.



**Social media** has amplified its use by showing people inhaling brands like “Galaxy Gas” without highlighting the dangers.

### What are the risks?



Nitrous oxide reduces oxygen to the brain. This can cause **dizziness, fainting, or in rare cases, death.**



It affects balance and coordination, increasing the risk of **falls, car crashes, and other injuries.**



Long-term use can damage nerves and lead to **numbness, muscle weakness, and trouble walking.**



Heavy use may also cause **dangerous blood clots and stroke.**

### How can I take action?

**Start the conversation.** Ask your child what they know about nitrous oxide and discuss the serious health risks.

**Watch for warning signs.** Look for empty metal canisters or balloons. Notice dizziness, slurred speech, or stumbling.

**Offer support.** Let them know they can come to you if they feel pressured to use or need help with any drug-related concerns.

