

Nitrous Oxide – Safety Tips

Nitrous oxide is a depressant, like alcohol, in that it slows down your body's system leading to feelings of relaxation or happiness – hence 'laughing gas'. But all drug use carries risk. This can be due to the drug itself, to the increased risk of accident or to behaving in ways you wouldn't otherwise choose. If you use nitrous oxide:-

Don't use nitrous on your own

Stay with friends and agree that one of you will stay sober in order to keep an eye out for the others.

Don't mix

Don't mix different drugs or drink alcohol. The results can be anything from unpredictable to actively dangerous.

Don't starve your body of oxygen

Don't use a mask and never put a plastic bag over your head.

Don't overdo it

If you plan to use more than one balloon, let your body recover in between.

Don't inhale from the charger

Eat foods rich in B12

Like eggs, cheese, marmite – especially if you're veggie or anaemic. Nitrous oxide gradually inactivates vitamin B12 reserves in the body and you need B12 to maintain a healthy nervous system.

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Questions? Worries? Visit re-solv.org or talktofrank.com



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