

Be In the Know About N₂O

⚠ *Inhaling this odorless gas
can stop oxygen from
reaching your brain
in seconds!*



LIVE WELL
SAN DIEGO

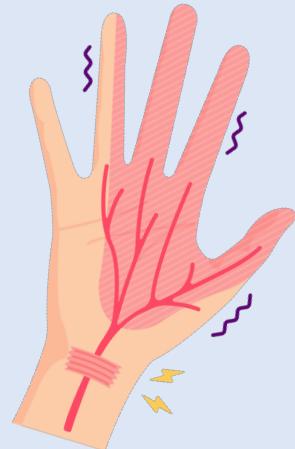
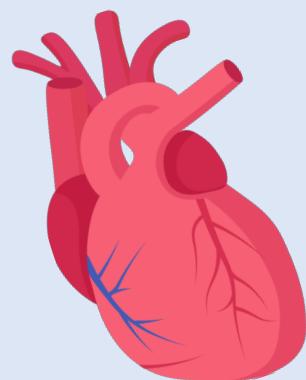


Did You Know?



Nitrous Oxide (N₂O) misuse is increasing among teens!

- N₂O can damage your brain, nerves, and affect your blood health.¹



- Ages 15-24 account for more than 70% of all N₂O-related Emergency Department visits.²



Sources: ¹Orange County Health Care Agency, ²County of San Diego Syndromic Surveillance Data

N_2O : What *Parents* Should Know

N_2O has multiple names:

Whippets
Whippits
Whip-Its

Laughing Gas
NOS
Galaxy Gas

ExoticWhip
Miami Magic
Funky Balls

N_2O can be inhaled using:

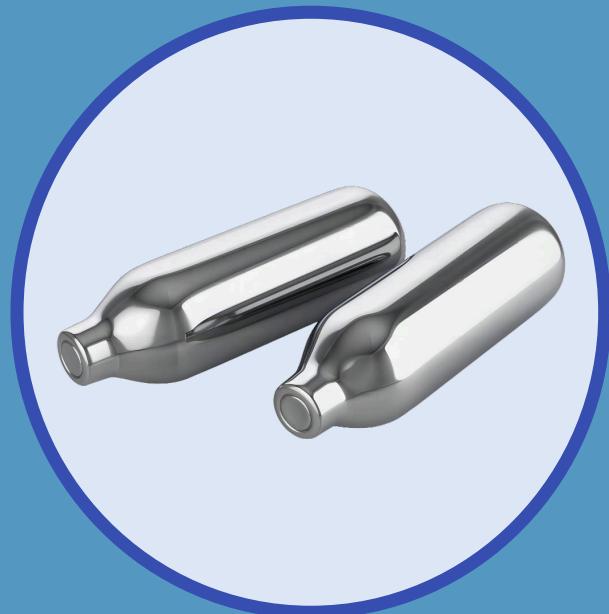
Balloons



Whipped Cream Dispensers



Cartridge Nozzles



Start the Conversation

- Keep an eye on items your teens may be ordering, *especially from online retailers.*
- Discuss the *harmful effects of N₂O misuse* with your teen.
- Additional support and resources can be found at: *San Diego Access & Crisis Line (9-8-8).*



FOR MORE INFORMATION:
bit.ly/KnowN2O