



NITROUS OXIDE IMPORTANT UPDATE ON THE LAW

OCTOBER 2023

Nitrous oxide to be **illegal** from
November 8th 2023

Nitrous Oxide will become a **Class C**
drug under the Misuse of Drugs Act
1971

Repeat serious users of nitrous
oxide could face up to 2 years in
prison and dealers up to 14 years,
as the government delivers on its
zero-tolerance approach to
antisocial behaviour

Secondary legislation will mean possession of nitrous oxide, where a person intends to wrongfully inhale it for example 'to get high' – will be an offence. Consequences could include:

*** an unlimited fine *a visible community punishment * a caution – which would appear on their criminal record -*a prison sentence for repeat serious offenders**

TURNING POINT

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HARM REDUCTION MESSAGES NITROUS OXIDE



SPECIFIC ADVICE/HARM REDUCTION MESSAGES FROM TURNING POINT

If consuming Nitrous Oxide from a balloon, only take a small breath and make sure you are in a well-ventilated area.

Regular or heavy use of Nitrous Oxide has been linked to a deficiency in vitamin B12. This can lead to nerve damage which causes pain and tingling in the toes and fingers, consider taking vitamin B12 supplements to mitigate against this risk. Studies have also linked heavy use of the gas to some forms of anaemia.

Since Nitrous Oxide can affect coordination, it's very important not to use in potentially dangerous places where falls could easily result in injury or death.

Do not drive or operate heavy machinery whilst taking or under the influence of Nitrous Oxide.

It's best not to drink alcohol while using Nitrous Oxide – both of these drugs are depressants and using them together increases the risk of ill health effects and accidents.

As with all drugs it is better to not use Nitrous Oxide alone. Having people you trust and who have knowledge of first aid around is always a good thing.

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