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Nitrous Oxide ALERT

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We're seeing a growing national trend involving products like "whip-its" and "Galaxy Gas" being misused in risky ways. Learn what to watch for and how to help keep youth safe.

*Nitrous Oxide ALERT 2026*

A Growing Trend We Can't Ignore: Nitrous Oxide and Youth Safety

We want to make our community aware of a **growing trend across the country** involving the misuse of nitrous oxide—commonly referred to as “**whip-its**,” “**Galaxy Gas**,” “**Miami Magic**” or “**Baking Bad**.”

While we are **not currently seeing widespread use locally**, this is something we are working to stay ahead of through education and awareness.

How it's being used:

Nitrous oxide is released from small canisters or larger tanks into **balloons**, which are then inhaled. The balloon allows the gas to be inhaled repeatedly and in larger amounts. Because the effects are very short-lived, some individuals inhale over and over in a short period of time—greatly increasing the risk.

NOTE: Inhaling nitrous oxide directly from a canister or tank is especially dangerous because the gas is released under high pressure and extremely cold, which can cause burns to the lips, throat and lungs while delivering a large dose very quickly—raising the risk of passing out or oxygen deprivation. Using a balloon allows the gas to warm up and may feel more controlled, but it often leads to repeated inhalation in a short time, which can still deprive the brain of oxygen and increase the risk of serious harm.

Why this is dangerous: With repeated or heavy use, risks increase to:

- Nerve damage (including trouble walking or using hands)
- Brain injury from lack of oxygen
- Vitamin B12 depletion, leading to long-term neurological issues
- In severe cases, sudden death

Many of these products are **flavored, brightly packaged and marketed in ways that appeal to youth**, which can make them seem harmless—but they are not.

What to watch for:

- Balloons in unusual settings or large quantities
- Small metal canisters or tanks with the names listed above
- Changes in behavior, confusion or coordination issues

Why we're sharing this:

Prevention starts with awareness. By talking about this now, we can help ensure our youth and families have accurate information before it becomes a larger issue in our community.

What you can do:

- Have open, age-appropriate conversations with youth
- Stay informed about current trends and slang
- Reach out for support or resources if you have concerns

[Click here](#) to access the DEA Drug Fact Sheet on inhalants.

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