



# Never inhale balloon gas

Balloon gas is safe in balloons but helium inhalation is no laughing matter.

Despite the very serious danger, many people continue to inhale helium thinking it to be funny rather than life threatening. The media may often misrepresent helium inhalation as a device to get laughs, but the misuse of helium resulting in death is certainly no laughing matter.

## WHY IS IT DANGEROUS?

Balloon gas acts as an asphyxiant and if inhaled, it displaces the oxygen in your lungs. The body's oxygen supply can plummet to a hazardous level in seconds, causing dizziness, unconsciousness and death. Inhaling balloon gas too deeply can cause an embolism or even rupture the lungs.

## IT'S EASY TO BE GAS WISE.

Only use balloon gas and other gases for their intended purposes, follow the safety warnings and make sure children are always supervised when playing with balloons. Share the [begaswise.com](http://begaswise.com) site with your family and friends through social media (#begaswise) and spread the word!