



## Dry Ice

**Source:** [DTE](#)

Recently, mistaking **dry ice for a mouth freshener** at a Gurugram restaurant caused a severe incident, emphasising the lethal nature of the substance.

- **Dry Ice is the solid form of carbon dioxide**, is commonly used as a cooling agent for food products like ice cream, frozen desserts etc. But it poses a significant health risk if not handled properly.
  - It sublimates into [carbon dioxide gas](#), which, if inhaled in large quantities, can lead to breathlessness (**hypercapnia**) and other serious complications.
- According to the [Food Safety and Standards Authority of India \(FSSAI\)](#), the [United States Food and Drug Administration \(FDA\)](#), and the **Centers for Disease Control and Prevention (CDC)**, dry ice must **never be touched or ingested** due to its potential to cause severe damage to both skin and internal organs.
- Dry ice's unique **sublimation property**, transitioning from solid to gas, makes it versatile for various applications:
  - It is crucial for **preserving perishable items** like food and medical supplies during transport, maintaining ultra-low temperatures.
  - It also finds use in **industrial cleaning processes like dry ice blasting**.

**Read more:** [Food Safety and Standards Authority of India](#)

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