



What is Cannabis?

Cannabis generally means all parts of the plant Cannabis Sativa L. Tetrahydrocannabinol, or THC is the chemical responsible for most of cannabis' psychoactive effects. Cannabidiol, or CBD, is found in hemp and does not have psychoactive effects. Some Cannabis products may contain CBD. Cannabis can be used in a variety of ways. Cannabis flower or "bud" is generally smoked through a pipe, joint or other device. It may also be vaped. Edible cannabis is usually in the form of a butter, oil or other concentrate that is added to food and drink. Cannabis and cannabis products are not approved by the FDA.

21+ Only, No Public Use

You must be 21 or older to buy, carry, or use cannabis.

Persons younger than 21 may use cannabis consistent with the authorization provided by a Medical Marijuana Card issued through Vermont's Medical Marijuana program. By law, cannabis cannot be used in any public place, in a cannabis retail establishment, in a car, or any place where the use of tobacco products is prohibited. Cannabis use is allowed only in individual homes or non-public housing.

PROHIBITED ON PUBLIC LANDS.

Please note that many recreational activities in Vermont take place on public lands. Consumption of cannabis on public land is prohibited.



CONSULT YOUR HEALTH CARE PROVIDER IF YOU HAVE QUESTIONS ABOUT CANNABIS AND YOUR HEALTH

Only a licensed health care provider can provide medical advice. Cannabis establishments can provide you with information about their products but cannot provide medical advice. Consult with your health care provider if you have questions about cannabis your physical or mental health.

AVOID USE WHILE PREGNANT OR CARING FOR CHILDREN.

Cannabis use in pregnancy or while breastfeeding, chest feeding, or human milk feeding can be harmful to the fetus and infants. Because cannabis use impairs judgement and reaction time, it is best to avoid cannabis use while caring for children.

Learn more about cannabis health impacts from the Vermont Department of Health



LET'S TALK CANNABIS

letstalkcannabisvt.com



One More Conversation
Can Make the Difference
1moreconversation.com



parentupvt.org



VT Helplink
Alcohol & drug support center
vthelplink.org

CCB.Vermont.gov | CCB.Info@vermont.gov

WHAT'S BOUGHT IN VERMONT, MUST REMAIN IN VERMONT.

Cannabis possession is still illegal under federal law, so taking it across state lines is illegal, even if it is legal where you are going.

DRIVING UNDER THE INFLUENCE IS UNSAFE AND ILLEGAL.

If you feel different, you drive different. It is also illegal to use cannabis as a passenger in any operating vehicle.

EVERYONE'S EXPERIENCE IS DIFFERENT.

Most people will feel effects of smoked or vaped cannabis within 30 minutes of use. For some, it will take longer to feel the effects. The effects of cannabis can last more than 24 hours. Cannabis can remain in the bloodstream for up to 30 days or more.

START LOW, GO SLOW.

Each person's body responds differently to cannabis, and each method of consuming cannabis can have different results. Start with a LOW dose and go SLOW until you understand how cannabis affects your body.

POTENCY MATTERS.

The amount of THC present in cannabis is identified on the packaging. Pay attention to the THC potency of each product you consume, and your body's response. The amount of cannabis consumed, and frequency of use can impact how cannabis affects you.

SAFE AT PLAY.

It's best to know how your body responds to cannabis before participating in highly physical recreational activities like hiking, mountain biking, or skiing.



IT MAY TAKE LONGER TO FEEL THE EFFECT OF EDIBLE CANNABIS.

When consumed in food or drink, such as a cookie or a soda, it may take longer to feel the effects. People that choose to consume edibles should start with small amounts, usually 1 to 2.5 milligrams, and wait 90 minutes to 4 hours before continuing to consume to avoid using too much.

DON'T MIX CANNABIS WITH OTHER SUBSTANCES.

Using cannabis with alcohol, stimulants, opioids, or any other mind-altering substance can be extremely hazardous. Check with your doctor, pharmacist, or the Poison Center for possible interactions with prescription or over-the-counter medications.

STORE OUT OF SIGHT & OUT OF REACH OF CHILDREN AND PETS.

Store all cannabis and related items in a closed, locked cabinet or container away from other food, candy, and medicine. Do not leave children alone with cannabis, even when in protective packaging.

SIGNS OF OVERUSE.

Using too much or using cannabis that is too potent, can cause feelings of paranoia, unstoppable vomiting, dizziness, anxiety, or other uncomfortable effects. The Poison Center can help in these situations.

VAPING.

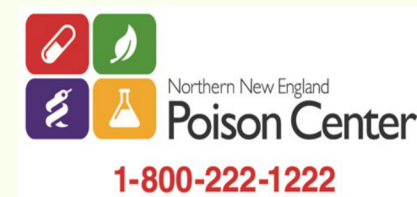
Vapes are liquid concentrate cannabis that is typically sold in a small cartridge for use with a battery-operated device known as a vape pen. Some vapes may contain more than 60% THC. A serving size for a vape is 1 inhalation lasting no more than 2 seconds. Until you understand how your body is affected by vaping you should start with a low THC content vape or a vape with a mix of THC and CBD, and wait long periods between servings.

DABS.

Solid concentrate cannabis, which often looks like crystalized honey, are known as dabs and dabbing. These products may have up to 60% THC. A serving size for a dab is about the size of the tip of a ball point pen. Cannabis concentrates are not generally recommended for the new or occasional cannabis user.

SMOKEABLE FLOWER.

Smoking cannabis flower using a pipe, bong or other device is the most common way to consume cannabis. The THC content of cannabis flower can range from 10% to 30%. The THC content will be clearly marked on the packaging. New or occasional users, or users who are trying a new cannabis flower product should take one puff and wait 15 minutes before continuing to consume to allow time to evaluate how cannabis flower effect their body.



CANNABIS IS NOT FOR EVERYONE.

Some people find cannabis use harmful to their physical and mental health. In some, heavy use can lead to Cannabis Use Disorder.

If you or someone you care about is struggling with substance misuse, there is help. Contact the VT Help Link / 802-565-LINK for support.

For some cannabis use can trigger psychosis or suicidal thoughts. These issues can occur in individuals who have no previous known history of mental illness.

If you experience psychosis or suicidal thoughts with or without cannabis use, please contact the National Suicide Prevention Lifeline at 1-800-273-8255, or text "VT" to 741741 or call 911.

CANNABIS & YOUTH BRAIN DEVELOPMENT.

Cannabis, alcohol, or any drug use can change the brain's chemistry before it is finished developing at age 25. Waiting until at least 21 years old helps to reduce the harmful effects of cannabis use on the developing brain.

ACCIDENTAL USE.

Accidents happen. If a child or pet accidentally consumes any cannabis or cannabis products, or an adult consumes too much, or consumption has an undesirable effect, immediately call Poison Control **1-800-222-1222. Call 911 right away if the individual collapses, has a seizure, has trouble breathing, or cannot be awakened.**

