

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.



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



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



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.