



### **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.**

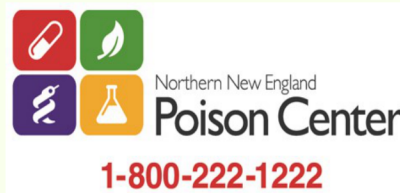
Vapes are liquid concentrate cannabis that is typically sold in a small cartridge for use with a battery-operated device known as a vape pen. Some vapes may contain more than 60% THC. A serving size for a vape is 1 inhalation lasting no more than 2 seconds. Until you understand how your body is affected 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.**

