

## Edible Safety Tips...What You Need to Know

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There are many different cannabis edibles available. Be aware that some cannabis edibles might look like popular candy.

Some examples:

- Gummies
- Hard candy
- Mints
- Baked goods
- Chocolates
- Salty and savory items
- Beverages
- Soft chews
- Oils



Photo courtesy of Upstate NY Poison Center

Responsible use and safe storage are key when using edibles. These products can affect people differently. Follow these tips to prevent accidental exposure or overdose.

- Read and follow all label instructions.
- Double check the serving size. A serving size could be  $\frac{1}{4}$  of a brownie.
- Store edible products in a secure/locked place, out of sight and reach of children and pets. Pets can experience health effects, too.
- Children can have more serious effects from edibles such as decreased breathing, confusion, coma.
- Limit the amount and/or number of edible products you have in your home at one time.
- Know the concentration of the edibles you have.
- Start slow (less than a full serving) if you are a new user.
- Wait until you feel the effects first before deciding to use more. It takes about 30-90 minutes for edibles to start taking effect.
- Cannabis can interact with prescription medicine and cause side effects such as increased drowsiness, memory loss, and confusion.
- Only purchase cannabis products from licensed sources.

If you think someone ate/drank too much cannabis or a child ate any amount, contact Poison Help at 1-800-222-1222, immediately for expert advice. Poison Centers are a resource for both the public and healthcare professionals. Get help 24/7. If someone is not breathing, difficult to wake up, or having a seizure, call 911.

### Upcoming Events

- 8/25-ACBC Food Distribution Event
- 9/23-SBM Fire Station Open House
- 105-Brooklyn Center Farmer's Market



### Did You Know?

- The Poison Center provides free, confidential, timely advice and information to anyone including parents, child care providers, pharmacists, nurses, and doctors.
- Available 24 hours a day 7 days a week.

