

LOOK-ALIKE PRODUCTS

Some cannabis edibles resemble candy, gummies, or snacks with flashy packaging. These look-alikes can seriously harm children if accidentally ingested.

SAFE STORAGE

Keep cannabis out of sight and locked up.

Never store cannabis products with food. Always keep them in their original, labeled, child-resistant packaging.

CANNABIS SAFETY TIPS

Do not mix cannabis with alcohol or other drugs; it can cause unwanted effects.

Avoid driving or operating heavy machinery when using cannabis, as it impairs thinking and motor skills. Driving under the influence of cannabis is illegal and dangerous.

Follow package directions and be mindful of serving sizes.

Discuss the dangers of cannabis with children and teenagers. Inform guests about cannabis safety rules and store products out of children's reach.

If you suspect or know that someone, especially a child, has consumed or been exposed to cannabis products, contact the **Minnesota Regional Poison Center 1-800-222-1222**.

If not breathing, collapsed, or having a seizure call 911.

Poison Help
1-800-222-1222



We're here for you
24/7/365, free
and confidential.

www.mnpoison.org

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Cannabis Marijuana THC



QUICK FACTS & SAFETY TIPS

WHAT ARE WE TALKING ABOUT?

Cannabis, also known as marijuana, THC, pot, or weed, has become stronger with higher THC levels than 25 years ago.

THC is the main chemical causing the “high” feeling. Understanding the different health and safety risks of cannabis products is important.

Cannabis comes in various forms:

- Dried plant (flower and bud) for smoking
- Extracts, oils, or wax for vaping, ingesting, or smoking
- Edibles like gummies, chocolates, or drinks for ingesting

WHAT DOES IT LOOK LIKE?

Symptoms of excessive cannabis use include anxiety, sleepiness, balance issues, paranoia, fast heart rate, severe nausea, and vomiting. In small children, symptoms can include decreased respiration, sleepiness, seizures, and coma.

How cannabis is used affects the body differently:

Inhaled: effects felt within minutes, lasting up to 6 hours or longer.

Ingested: effects felt within 30 minutes to 2 hours, lasting up to 12 hours or longer.

IF MARIJUANA IS LEGAL, IT CAN'T BE HARMFUL, CAN IT?

No amount of cannabis has been proven safe to use during pregnancy or while breastfeeding.

Cannabis can be addictive and harm brain development in kids and young adults, impairing memory, learning, and attention.

Many cannabis products are unregulated, making it hard to know their strength or what they contain.

WHAT IS CBD? WHAT IS HEMP? WHAT IS DELTA-8 THC?

CBD (cannabidiol) is a chemical extracted from cannabis and hemp plants that does not cause a “high” like THC. Mild side effects include drowsiness, nausea, and vomiting.

Hemp plants are cannabis plants grown to have more CBD and low THC (less than 0.3%).

Delta-8 THC, like THC but less potent, is extracted from hemp to make products like edibles and vaping liquids. Excessive Delta-8 THC can still cause harmful effects like cannabis.

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