

Marijuana Edibles



There are health risks associated with marijuana, regardless of how it is used. These risks can be different depending how marijuana is being consumed.

Smoking

vs.

Edibles

- Marijuana smoke contains many of the same toxins, irritants, and carcinogens as tobacco smoke.
 - Smoking marijuana can lead to a greater risk of bronchitis, severe cough, and phlegm production.
- Edibles take longer to take effect and can lead to people consuming very high doses.
 - High doses of marijuana can result in anxiety, paranoia, and in rare cases, an extreme psychotic reaction such as delusions, hallucinations, and agitation.



If you choose to use edibles:

- **Start low and go slow** - Edibles can take up to four hours to take effect. Start with one serving (or less) and wait several hours to see how it affects you before you take more.
- **Give yourself time** - Edibles can cause effects that last longer than expected. The effect depends on a person's metabolism, age, and medications or alcohol used at the same time. Be sure you're in a safe environment that does not require driving.
- **Read the label** - Labels will tell you the serving size and amount of THC in each serving, cannabinoid profile, and directions for use. In MA, an individual serving cannot contain more than 5 mg of THC.
- **Secure your marijuana products** - Children and pets (and unsuspecting adults) can mistake marijuana products for regular food. Store your products safely and securely out of reach of children and pets.

Consuming marijuana can make children and pets very sick. They may have problems walking or sitting up, feel sleepy, and even have difficulty breathing.

- If your child accidentally consumes marijuana, call the Poison Center Hotline at (800) 222-1222. It's free and you'll be helped quickly. If symptoms are severe, call 911 or go to the emergency room right away.
- If you're worried about your pet, call your veterinarian.