



# SAFER USE OF EDIBLE CANNABIS



Cannabis is a plant that contains a chemical called tetrahydrocannabinol (THC). THC is what gives you a “high.” Cannabis can be smoked, vaped, or consumed as edibles. Edibles are products made with cannabis that you can eat or drink. Edibles often resemble food products such as cookies, chocolate, gummy candy, and beverages.

Cannabis in MN in 2022, the sale of certain edible cannabis products made from hemp to adults 21 years or older became legal. Although hemp is not as strong, the THC derived can still give you a high. People may have access to other cannabis products with more THC from the unregulated market or from other states.

## How to use cannabis edibles more safely:



**Understand the health risks.** Know the potential health risks before using edible cannabis.



**Start with a small dose.** Edibles can take anywhere from 30 minutes to 4 hours to take effect.



**Wait at least 2 hours before taking another dose.** Waiting helps avoid over consumption and other possible effects.



**Store your edibles safely.** Unintentional ingestion of cannabis is a risk. Store your edibles in an airtight, locked place.



**Know the signs of THC overdose & poisoning.** Including excessive sleepiness, nausea/vomiting and slurred speech.

### QUICK FACTS:



#### Mental Health

Cannabis use has been linked to depression, anxiety & schizophrenia.



#### Addiction

Some people who use cannabis may become addicted.



#### Pregnancy

Cannabis use can affect a fetus's development and increase risks of complications.



#### Brain Health

There are short & long-term effects on the brain, especially in the youth.



#### Alcohol and Cannabis

Using both at the same time can increase the effects of THC and cause greater health risks.



#### Driving

Driving under the influence of cannabis is illegal and increases the risk of an accident.

If you suspect a THC overdose, contact Poison Control immediately.

1-800-222-1222