

# CANNABIS

Know the facts  
and stay safe.

Cannabis is in our communities. As the legal landscape around cannabis changes, it's more important than ever to understand the facts. It's vital to learn how to talk with your kids about it, ensure that it is stored safely, and know how to get help in the event of accidental ingestion or overuse.

**Green Peak Alliance** is working within our communities to provide information about cannabis misuse. We're helping retailers prevent access to people under 21. And we're encouraging the adults in children's lives to start the conversation about cannabis and healthy choices.

## Cannabis Safe Use and Storage Tips

- Stick to the recommended dose for edibles.
- Start with a small amount and wait at least 90 minutes to 4 hours between doses.
- Store all cannabis products in locked containers or high cabinets, out of reach of children and pets.
- Keep all edibles in clearly labeled, child-resistant containers.
- Store all cannabis products as far away as possible from food and medicine.

## Signs of Cannabis Poisoning

Overuse can result in the following symptoms:

- Drowsiness
- Anxiety
- Loss of coordination
- Dizziness
- Heart palpitations
- Nausea or vomiting

Children can experience severe poisoning—ingestion by children can cause trouble breathing, seizures, or extreme drowsiness, making kids hard to wake up.

Information adapted from



Learn more, get answers to frequently asked questions, and access fact sheets at [www.healthvermont.gov/alcohol-drugs/lets-talk-cannabis](http://www.healthvermont.gov/alcohol-drugs/lets-talk-cannabis)

Get 24/7, free and confidential poison control help:

  
**CALL**  
1-800-222-1222

  
**CHAT**  
at [nnepc.org](http://nnepc.org)

  
**TEXT**  
**POISON** to 85511

