

CANNABIS

Know the facts and stay safe

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 symptoms, such as trouble breathing, seizures, and extreme drowsiness.

Information adapted from Northern New England Poison Center.



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


CALL
1-800-222-1222


CHAT
at [nnepc.org](https://www.nnepc.org)


TEXT
POISON to 85511

Partners for healthier communities

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ALLIANCE**