

Cannabis Safety

Safe Use

- Do not exceed the recommended dose for edible products.
- Begin with small amounts and wait 90 minutes to 4 hours before taking more.

Safe Storage

- Store all cannabis products up high, out of reach of children and pets, in a locked container or cabinet if possible.
- Keep all edibles in child-resistant containers.
- Clearly label all edible products and keep away from food, candy and medicine.

Poisoning or Overuse

Get help if someone shows signs of having taken too much cannabis:

- Drowsiness
- Agitation or anxiety
- Dizziness, loss of coordination
- Shortness of breath
- Heart palpitations
- Severe nausea or vomiting

Severe poisoning can occur in children:

- Severe drowsiness—difficult to wake
- Trouble breathing
- Seizures



Get free, confidential help from poison experts, 24/7
1-800-222-1222 • nnepc.org

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Get Answers About Cannabis

- Is someone feeling sick after taking too much cannabis?
- Has a child swallowed any amount of a cannabis product?
- Do you want to know how cannabis will interact with the medications you take?

Contact your **poison center** for free, confidential help from medical professionals:

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Pregnant, nursing, or thinking of becoming pregnant?

Talk to your doctor or other primary care provider before taking any cannabis product.



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