



Important Reminders

In New Jersey, cannabis is legal for adults 21 and older.

People with a family history of psychosis or other mental health issues, those with heart conditions, and individuals with a history of substance use disorders should avoid cannabis.

The effects of cannabis vary based on the individual, product, dose, and potency.

Keep cannabis products locked and away from children and pets.

Do not drive or operate machinery after using cannabis.

If you use cannabis, purchase only from licensed dispensaries.

Need Help Now?

If you think you or someone else may have cannabis poisoning or toxicity, call the
New Jersey Poison Center

Call
1-800-222-1222

Text
973-339-0702

**IF THE PERSON IS UNCONSCIOUS
OR UNRESPONSIVE, CALL 911.**

General Safety Guidance

New to cannabis? A parent? On medication? Pregnant? The NJ-CRC's safety page has tailored advice for you.
Scan to explore.



njcrgov.info/safety



Inhaling **VS** Ingesting

**Understanding the effects of
different cannabis consumption
methods on the body**

The way cannabis is consumed changes how quickly it takes effect, how strong and long lasting those effects are, and the risks involved. Inhaling and ingesting are the two most common methods, and they work very differently in the body.



This content is intended solely for adults 21 and older and does not constitute medical advice.

INHALING

(Smoking and Vaping)

What happens in the body?

When cannabis is inhaled, tetrahydrocannabinol (THC) passes through the lungs and enters the bloodstream quickly.

How fast are the effects?

Effects are usually felt within 1-5 minutes and may last up to four hours.

Key considerations:

- The American Lung Association warns that inhaling cannabis can harm the lungs, potentially leading to chronic bronchitis and increasing the risk of lung infections in those with weakened immune systems. Vaping may also worsen respiratory symptoms like coughing and wheezing.
- Vaping has been linked to EVALI (E-cigarette or Vaping Product Use-Associated Lung Injury), primarily from THC products containing additives like Vitamin E acetate—especially products from unregulated sources.
- THC concentrates such as shatter, hash oil, and waxes can be 3 to 6 times more potent than dried flower, and sometimes higher.



E-cigarette or Vaping Product Use-Associated Lung Injury (EVALI)

EVALI is a serious and potentially fatal condition. Symptoms include coughing, shortness of breath, chest pain, and gastrointestinal issues, such as nausea vomiting and diarrhea. According to the Centers for Disease Control (CDC), it is strongly linked to products containing THC and Vitamin E acetate, particularly those obtained from unregulated sources.

Need help quitting?

ReachNJ

is a central call-in line for New Jersey residents who are looking for help with a substance use disorder (SUD).



1-844-ReachNJ
1-844-732-2465

Serves all New Jersey residents.
Learn more by visiting
REACHNJ.GOV

INGESTING

(Eating and Drinking)

What happens in the body?

When cannabis is ingested, THC is processed through the digestive system and is processed by the liver before entering the bloodstream. This can produce stronger and longer-lasting effects.

How fast are the effects?

Effects are usually delayed and felt within 30 minutes to 2 hours and may last several hours or longer.

Key considerations

- Delayed effects may increase the risk of overconsumption, since people may take more before the first dose is felt.
- Dosing can be difficult to predict, especially with unregulated products.
- Overconsumption may cause anxiety, panic, paranoia, hallucinations, or other mental health effects.

Ingestible cannabis products include edibles, beverages, tinctures, capsules, lozenges, oils, pills and anything else that is processed through the digestive system and liver.

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