

## Is it possible overdose on cannabis?

Cannabis poisoning or cannabis toxicity is rare but possible. Cannabis use under safe and normal circumstances can result in desirable effects, such as feelings of well-being, mild disorientation, and increased appetite. Overconsumption, however, can cause excessive sleepiness, an inability to move, confusion, paranoia, hallucinations, delusions, rapid heartbeat, and loss of consciousness. Safe use is critical.

## What should I do if I accidentally over ingest cannabis products?

In the event of accidental ingestion, or overconsumption of cannabis products contact New Jersey Poison Control at 1-800-222-1222 to speak immediately with a healthcare provider. You may also chat on the website, [njpies.org](http://njpies.org).

## Who should avoid cannabis?

- Anyone under the legal age of 21 years old.
- Anyone pregnant and/or breastfeeding.
- Individuals who are prone to, have an existing, or who have a family history of psychosis or other mental health conditions.

Those taking prescriptions should discuss cannabis use with their healthcare provider.

## How safe is it to smoke cannabis products?

All smoking can cause irreparable damage to your lungs and respiratory system.

## Where is it safe to purchase cannabis products?

Only purchase your cannabis products from licensed alternative treatment centers and dispensaries. A list of dispensaries is available on the New Jersey Cannabis Regulatory Commission's website at [njcrgov.info/Dispensaries](http://njcrgov.info/Dispensaries).

## How do I know how I will react to cannabis products?

You don't. Start low. Go slow. New users in particular should start with low potency products in small quantities until they've learned the effects on their body. This is also good practice when trying any new products. Wait a few hours before consuming more cannabis in any form, and always use in moderation.

## Is it ok to mix other substances with cannabis products?

Combining cannabis and other impairing substances (like alcohol, prescriptions, and OTC medications like antihistamines) will significantly increase impairment and could cause additional health risks.

## How long does it take to feel the effects of cannabis products?

Depending on many factors – like how much someone weighs, if and what they've eaten, if they are drinking alcohol, and their health condition and metabolism - it may take up to four hours to feel the full effects of edible cannabis products – longer than when vaping or smoking. The effects may also linger longer than other methods of cannabis consumption. For example:

- Smoked cannabis takes effect within a few minutes of inhalation and fades quickly if not continuously smoking.
- Vaped cannabis may take effect in around the same amount of time as smoked cannabis.
- Edible cannabis may take 1-2 hours to take effect, but that effect may last for several hours.

Overconsumption of cannabis is possible regardless of how it is consumed, and its side effects may include anxiety, paranoia, delusions, rapid heartbeat, and respiratory depression.

## Are all cannabis products the same?

No. Cannabis products vary in format, THC levels, THC-CBD ratio, terpenes, and strains. All factors that may alter their effects on the user. Consumers must be informed and read product labels carefully.

## How should I store my cannabis products and paraphernalia?

Store all cannabis products and paraphernalia safely and securely away from children and pets; preferably locked. Edibles that look like food or candy are especially prone to accidental ingestion and should be clearly labeled and stored separately from other food products.

## Is it okay to drive after using cannabis?

No! Cannabis impairs hand-eye coordination, depth perception, balance, response time and judgement – all skills you need to be a safe driver. Do not drive while using cannabis, or for several hours after you have consumed any form. Plan to stay home, have a friend drive you, use a car service, or use public transportation.

High driving is impaired driving and the consequences for driving high on cannabis are the same as for driving drunk. Driving under the influence of cannabis or alcohol can be lethal.

## Can I use cannabis while I am at work?

Enjoy cannabis during times of recreation. The effects of cannabis use can impact the ability to perform work functions well, to concentrate, to handle equipment, and to make reasonable decisions. Being impaired at work may also violate the terms of your employment and could result in termination.



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The information on this flyer is not to be considered medical or legal guidance and may become outdated and inaccurate. Consult a doctor for all matters relating to your health and wellbeing.