

FACTS ABOUT MARIJUANA AND THC PRODUCTS



WHAT ARE THE BASICS OF CANNABIS?

Cannabis is a species of plant. It can be found naturally around the world and is grown by individuals and organizations on farms and in enclosed labs.

- ▶ **Marijuana** is a cannabis product known for its high THC levels.
- ▶ **THC** is another natural compound found in cannabis. This compound can make users feel “high.”

FORMS of THC:

Delta-8*, Delta-9, and Delta-10 are forms of THC and can be impairing or intoxicating. Delta-9 is the more potent form.

* See FDA warning at www.fda.gov search Delta-8

- ▶ **CBD** is a natural compound found in cannabis. CBD does not cause a “high” but can still affect the user.
- ▶ **Hemp** is another part of cannabis that has lower THC levels than marijuana.

EFFECTS OF THC ON PEOPLE:

Effects can vary across products and people and may include the following:



- ▶ Reduced hand-eye coordination
- ▶ Relaxed or “high” feeling
- ▶ Dizziness
- ▶ Increased heart rate
- ▶ Increased blood pressure
- ▶ Slower reactions
- ▶ Confusion, anxiety, panic or paranoia
- ▶ Trouble thinking or concentrating, including impaired learning and memory
- ▶ Psychosis (rare); seeing or hearing things that are not real

WHAT ARE EDIBLES?

Edibles are food and drink products that are made with cannabis-derived THC. The THC compound can come naturally from the marijuana plant, or it can be synthetically created from CBD. THC edibles can be impairing if the amount of THC is high enough to cause intoxication.

Edibles can come in many forms, including:

- ▶ Gummy candies
- ▶ Sodas and juices
- ▶ Chocolates
- ▶ Cookies and other treats

CONSUMPTION:



When consuming edibles, or smoking marijuana, not all people experience the same thing.

Some EFFECTS may:

2 HOURS TAKE UP to 2 hours to KICK-IN

and LAST UP to 10 hours **10 HOURS**

Under MN current law, Hemp-derived THC edibles are legal for sale/use/possession that contain no more than 5mg per serving and 50mg per package.

Everyone processes THC products differently. An individual’s weight, metabolism, gender, and eating habits can affect how quickly a product gets absorbed into the body.



Marijuana use can worsen mental health conditions. If used frequently, marijuana might increase the risk of depression or worsen depression symptoms.

Research shows that marijuana use increases the risk of psychosis for those at-risk to mental illness.



DRIVING WHILE IMPAIRED IS ILLEGAL:

Driving while impaired is illegal and unsafe. You should not drive, bike, ski, snowboard, skate or operate machinery after consuming edibles.

Getting high before you drive could lead to a driving under the influence (DUI) charge.



SAFE STORAGE:



Safely Store THC Products

Storing THC products safely and securely can help prevent accidental THC consumption.

- ▶ Store THC products in their original child-resistant packaging and keep the label on.
- ▶ Keep THC products in a secure and locked place.
- ▶ Store cannabis edibles separate from food.
- ▶ THC products should be out of sight and reach of children and pets.

RESOURCES:

Search "marijuana" on these websites:

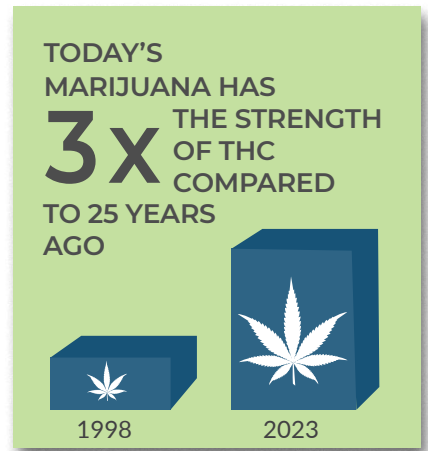
- ▶ samhsa.gov
- ▶ nida.nih.gov
- ▶ mayoclinic.org
- ▶ ccsa.ca
- ▶ cdc.gov

MARIJUANA IS ADDICTIVE:

Over the past few decades, the amount of THC in marijuana has steadily climbed.

Research shows that:

- ▶ 1-in-6 people who start using the drug before the age of 18 can become addicted.
- ▶ 1-in-10 adults who use the drug can become addicted.



MARIJUANA AND BABY DEVELOPMENT:

Marijuana can affect baby development

Marijuana use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development.

THC can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.

CHILD SAFETY:

Child consumption can be dangerous

THC edibles pose a high risk for accidental child consumption. Emergency Rooms across the country and in Minnesota have seen an increase in intoxication events.



WARNING:

If a child consumes a THC product, parents should immediately call the free **Poison Control Hotline at 1-800-222-1222**, regardless if symptoms are present.

This is because edible THC products can take 30 minutes to 2 hours to have an effect, with the peak effect happening 3 to 4 hours later.

Poison Control will help parents determine if they need to bring their child to the hospital.

