

# SAFETY CONSIDERATIONS FOR MARIJUANA USE

## YOU MUST BE AT LEAST 21 YEARS OLD

Marijuana consumption is prohibited to anyone under 21 years old.

## START LOW

THC is the chemical in marijuana that makes a person feel high.

Concentrations of THC can vary widely and is based on multiple factors.

## GO SLOW

Marijuana products may take 2 - 4 hours after consuming to take full effect. If it is your first time using, be cautious of eating too much of a marijuana edible as it may lead to unwanted effects.

## IT IS ILLEGAL TO DRIVE WHILE HIGH

Laws prohibit driving under the influence of marijuana. Driving high may result in an OUI.

## STORE YOUR PRODUCTS SAFELY

Store marijuana products safely. Store them out of reach of children and pets.

## HARMFUL EFFECTS ON BRAIN DEVELOPMENT

Marijuana has harmful effects on brain development, which continues through the age of 25.


## FOR EXPECTING OR BREASTFEEDING MOTHERS

Using marijuana while pregnant or breastfeeding may be harmful to your baby.

## POISON CONTROL HOTLINE

Call for help if you've consumed too much, or suspect a child or pet has accidentally consumed marijuana.

**Call the Poison Control Hotline: 1-800-222-1222**

 FMI: Bridget Rauscher at [bnevers@portlandmaine.gov](mailto:bnevers@portlandmaine.gov)



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