

IMPORTANT HEALTH WARNINGS ABOUT CANNABIS

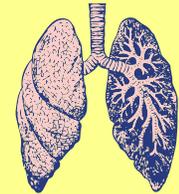
ARE YOU PREGNANT OR BREASTFEEDING?

According to the U.S. Centers for Disease Control (CDC), cannabis use during pregnancy can be harmful to your baby's health, including causing low birth weight and developmental problems.



Cannabis use may be associated with **greater risk of developing schizophrenia or other psychoses**; risk is highest for frequent users.

Smoking cannabis long-term may **make breathing problems worse** and vaping has been associated with serious lung disease.



DRIVING WHILE HIGH IS A DUI.

Cannabis use increases your risk of motor vehicle crashes.

NOT FOR KIDS OR TEENS!

Starting cannabis use young or using frequently may lead to problem use and, according to the Surgeon General, may harm the developing teen brain.



TEN TIPS FOR SAFER CANNABIS USE IF YOU CHOOSE TO USE

Every form of cannabis use can pose risks to your health. The only way to completely avoid these risks is by choosing not to use cannabis. Cannabis comes in many different forms and can be used in different ways. Some are more hazardous than others. If you decide to use cannabis, follow these recommendations to lower risks to your health.

01 Start low and go slow.

02 Weed can wait.

The younger you start using cannabis, the higher your risk of developing dependence and other problems. The brain is still developing until about age 26. Young people, especially teens, should delay using cannabis for as long as possible.

03 Be patient with edibles.

If you try edibles, novice users should start with half of a serving and wait 4-6 hours before consuming any more, even if you don't feel effects right away. Eating too much can lead to vomiting, panic attacks, or sudden changes in your heart rate.

04 Know your family risks.

People with a personal or family history of certain mental health issues, especially psychosis, schizophrenia, or substance use problems, are more likely to develop these problems if they use cannabis. Think twice before using.

05 Choose lower THC.

The higher the potency (%THC) in products you use, and the more frequently you use, use is more likely to be associated with problems including

dependency, severe vomiting, or adverse events like rapid heart rate, paranoia, or anxiety attacks. If you use, **choose products with lower THC levels, such as those with a more traditional %THC content (less than 10% for flower – ask retailers to carry it if they have stopped stocking it)**, and ideally with a higher ratio of CBD to THC, which can help counteract some negative effects. Check labels for THC and CBD content.

06 Watch out with concentrates.

When cannabis flowers are smoked or vaporized the effects are usually immediate, peak within one hour, and then gradually wear off. When cannabis concentrates (e.g., shatter, distillate used for vaping, or wax) are inhaled the effects can be much more intense, and the risk of adverse events is much higher, especially with new users.

07 Use less often.

The more frequently you use cannabis, the more likely you are to develop health problems, especially if you use on a daily or near-daily basis. Limiting your cannabis use to occasional use at most, such as only using once a week or on weekends, is an important way to reduce health risks of cannabis use. Try to limit your use as much as possible.

08 Get help if you need it.

Cannabis dependency is real. Seek support from your healthcare provider or mental health counselors if you think cannabis use is negatively affecting your work, school, or family life, if you need help controlling your cannabis use, or if you experience withdrawal symptoms when trying to stop using.

09 Be courteous to others.

Generally, you cannot smoke cannabis anywhere you are not allowed to smoke tobacco.

10 Be aware of legal risks for immigrants.

Using or possessing cannabis or working in the cannabis industry is legally risky for any noncitizen, even in California. This includes lawful permanent residents, undocumented persons, students with visas, and others. Cannabis is illegal under federal law, and federal law controls immigration.



Advancing Public Health & Equity in Cannabis Policy