

# Be Careful When You Eat and Drink Marijuana

**Start low...** Start with a single serving of 5 mg of THC or even less. THC is the chemical in marijuana that makes a person high.

**And go slow.** You may feel fine for several hours after consuming a marijuana edible, and then suddenly feel very high. Don't eat or drink more of a marijuana product until you have waited at least 2-4 hours.

**First-time using? Be cautious.** Eating too much of a marijuana edible too soon may lead to unwanted effects.

## Driving while high is a DUI.

If you've consumed marijuana edibles, do not get behind the wheel.



**Don't give marijuana to children or anyone under 21 years old.**

## Steer clear if you are pregnant or breastfeeding.

Using marijuana while pregnant or breastfeeding may harm your baby.

**Store your marijuana and marijuana edibles safely.**

Lock it up, out of reach from children and pets.



If you consumed too much, call for help. Call the Poison Control Hotline at 1-800-222-1222 for free, fast, expert help anytime.



For more information visit  
[marijuana.dhss.alaska.gov](http://marijuana.dhss.alaska.gov)