

Be Careful With Marijuana Edibles.

Marijuana edibles are

foods and drinks that are made with marijuana or marijuana oils. These can be made at home, like pot brownies, but producers can make and sell edibles in many forms:

- gummy candies
- chocolate
- sodas and juices
- cookies and other treats

Start low...

- Start with a single serving of 5 milligrams (mg) of THC or even less. THC is the chemical in marijuana that makes a person high.
- Check the label and know how many servings are in the package.

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.
- The effects of marijuana will vary person to person, and from one marijuana edible product to another.



For more information visit
marijuana.dhss.alaska.gov

Driving while high is a DUI.

It can take hours for the high from marijuana edibles to develop. If you are impaired and need to get somewhere, do not get behind the wheel. Let someone who is sober drive, or take a bus or cab.



Driving while impaired is illegal and unsafe.

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. THC, the chemical in marijuana that makes a person high, can pass from a mother to an unborn child through the placenta or while breastfeeding. This can potentially affect the baby.



Store your marijuana and marijuana edibles safely.

Lock it up, out of reach. Keep marijuana edibles away from children and pets that could become very sick after consuming them.

If you consumed too much, call for help.

Eating or drinking too much marijuana can cause:

- Confusion, anxiety, panic, or paranoia
- Increased blood pressure
- Fast heart rate
- Nausea and vomiting



If you or someone you know has any of the symptoms above, call the Poison Control Hotline at 1-800-222-1222 for free, fast, expert help anytime