

## High Potency

**Consuming higher-potency THC products does not mean a better cannabis experience.**

Higher-potency THC products are harder to control and come with a higher risk of adverse effects. Using them often may cause dependency in some people.

If you are new to cannabis, be careful with higher-potency products like concentrates and vape cartridges.

If you are buying cannabis, compare labels and consider lower-potency products:

- Flower with less than 20% THC
- Edibles with close to 5mg THC per serving (or consume half of a 10mg THC serving)

If you are inhaling cannabis, wait between puffs until you feel the full effect.

## Pregnancy and Breastfeeding

**There are risks to your baby from using cannabis. Your baby consumes what you do.**

Do not use any cannabis if you are:

- pregnant or may be pregnant
- breastfeeding

This includes:

- inhaling cannabis (smoking, vaping, dabbing)
- eating or drinking cannabis products
- applying cannabis-infused creams or lotions

No matter how you consume cannabis, THC and other chemicals will be passed to your baby through your placenta and breastmilk.

If you use medicinal cannabis, ask your doctor about alternative treatments during pregnancy or while breastfeeding.

## Effects of Cannabis Use

**Wondering what to expect when using cannabis?**

Cannabis has two major chemicals that affect the brain differently:

- **THC (Tetrahydrocannabinol)** makes you feel “high”. How you feel depends on how much THC you take, and the effects can vary from person to person.
- **CBD (Cannabidiol)** doesn’t make you feel “high”, but can have other effects.

**The effects of using cannabis may include:**

- Trouble with thinking, remembering, and problem-solving
- Seeing or hearing things that aren’t real (with high doses and/or high potency)
- Feeling like time is moving slower or faster
- Feeling relaxed or paranoid
- Having mood swings
- Having increased or decreased anxiety
- Feeling dizzy
- Having dry mouth or bloodshot eyes
- Relieving pain and reducing nausea/vomiting
- Impaired movement and coordination
- Feeling hungry
- Faster heartbeat or lower blood pressure

**Edibles: Start Low, Go Slow.**

**Use extra caution, as the delayed onset of edibles can have unintended effects.** If you consume a cannabis edible (like brownies, gummies, or an infused beverage), it can take up to 2 hours to begin feeling the effects, and up to 4 hours to feel the full effects. This is much slower than smoking or vaping, and the “high” can feel stronger. Start with a small amount of THC (5mg or less) and wait at least 2 hours to see how you feel.

**When consuming edibles, you can always take more later, but you can’t take it back.**

**Drive high, get a DUI.** Driving under the influence of cannabis is illegal and increases your risk of getting into an accident. Penalties for driving high are the same as driving drunk.

## Mental Health

**There are potential risks to your mental health from cannabis use.**

Research suggests that mental health disorders may develop or worsen from:

- Daily cannabis use
- Near-daily cannabis use
- Higher-potency cannabis use

These types of use have been linked to Cannabis Use Disorder, and may lead to:

- Hallucinations
- Schizophrenia
- Depression
- Anxiety
- Temporary psychosis
- Thoughts of self harm
- Suicide attempts
- Suicide

## Minors and Young Adults

Our brains actively develop until around the age of 25. Using cannabis regularly while younger can cause long-term problems with thinking and mental health.

**Parents, be aware.** Edibles and other cannabis products can be mistaken for food or candy. Like medications, you should keep cannabis products in child-resistant packaging. Store and dispose of cannabis products where they cannot be easily seen or accessed by children and pets.

California Poison Control: (800) 222-1222  
Animal Poison Control: (888) 426-4435  
Dept of Cannabis Control: [cannabis.ca.gov](http://cannabis.ca.gov)  
Dept of Public Health: [cdph.ca.gov](http://cdph.ca.gov)



**Department of Cannabis Control**  
CALIFORNIA

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Ensure you have the most up-to-date information

