



STAY INFORMED

CANNABIS

1
CHECK FOR
THE CHECK

Look for the sign at retailers that indicates all appropriate licenses, permits, or authorizations are granted from State and local governments. Learn more at: <https://dcba.lacounty.gov/cannabisembleprogram/>



2
BE SAFE &
CONSIDERATE

Avoid smoking in public places, including around pregnant or breastfeeding women. Securely store any cannabis products, including paraphernalia, out of reach of children and pets.

3
DON'T DRIVE
AND USE

Consumption of any cannabis products can impair judgment and ability to safely operate a car or other motor vehicle. Driving while high can put you and others at risk of accident, serious injury, or death.

4
GO LOW
& SLOW

Cannabis affects everyone's body and brain differently. If choosing to consume cannabis, start with the lowest possible dosage and monitor how your body responds. The set (mindset and intention) and setting (physical, social environment) can greatly affect your experience—both positively and negatively.

5
KNOW YOUR
LIMITS

Avoid mixing cannabis with other substances including alcohol, prescription medications, or illicit substances. The effects can increase risk for unwanted, adverse physical and/or mental effects, injury, and death.

Consumption Method	Onset after consumption	Duration can last up to	Some residual effects up to 24 hours after use	Be cautious of adverse physical and mental effects such as:
Inhalation	10 to 30 mins	6 hours	Absorbed directly into the bloodstream and its effects are quickly felt by the brain and body.	Increased blood pressure Increased heart rate Delusions Extreme Confusion Increased Anxiety Severe nausea Vomiting Headache
Ingestion	30 mins to 2 hours	12 hours	It can take up to 4 hours to feel the full effects, and consuming more within this time period can increase the risk of adverse effects.	

Disclaimer: This information should not be considered legal or medical advice.

If you or someone you know has symptoms that might suggest they overconsumed, call the Poison Control Hotline at **1-800-222-1222**.

If the symptoms are severe, call 9-1-1 or seek immediate medical care.

If you are struggling with cannabis or substance addiction, call the Substance Abuse Services Helpline **1-844-804-7500**. (available 24 hours a day, 7 days a week)

