

## Keep Children and Pets Safe

Cannabis products can cause serious harm when ingested by children and pets. The symptoms of accidental ingestion in children are like those in adults, including altered consciousness, anxiety, drowsiness, and paranoia. In rare cases, young children may experience depressed breathing or seizures, especially when ingesting a significant dose.



- Buy products from licensed dispensaries in original, childproof, resealable packaging. Accidents can happen, even with child resistant packaging, so locking your cannabis safely out of reach of children is best.
- Avoid buying products in the illicit market that are visually appealing to children.

**GET MEDICAL ATTENTION IMMEDIATELY IF YOU SUSPECT YOUR CHILD HAS INGESTED CANNABIS.**

## Some Adverse Effects of Cannabis

Though they may vary widely by individual, some possible adverse effects (or signs of overconsumption) are extreme confusion, paranoia, anxiety or panic, extremely fast heart rate, increased blood pressure, dizziness, nausea, or hallucinations. Cannabis hyperemesis syndrome is a rare condition that can affect regular and long-term users - particularly those who have been consuming cannabis since adolescence. Anyone who experiences nausea, vomiting, and stomach pain whenever they consume cannabis (in any form) should contact their healthcare provider.

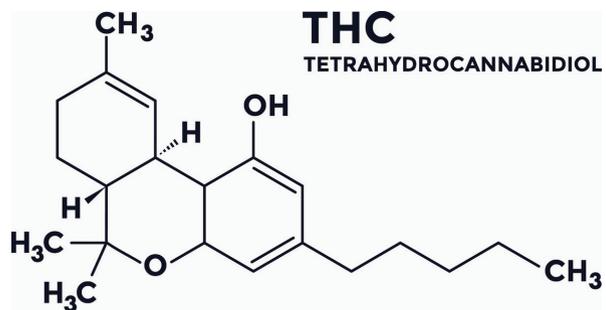


If you think you or someone else may have cannabis poisoning or toxicity, call the  
**New Jersey Poison Center**  
**1-800-222-1222**  
**OR**  
**chat/text at [www.njpies.org](http://www.njpies.org)**  
to connect with a healthcare professional.

**IF THE PERSON IS UNCONSCIOUS OR UNRESPONSIVE, CALL 911.**

## Cannabis Safe Use Basics





The tetrahydrocannabinol (THC) in cannabis is a psychoactive compound that affects movement, balance, coordination, and judgment, so safety is key to avoiding negative outcomes while enjoying cannabis.

# Cannabis Safe Use Tips



## Cannabis and Driving



Driving or operating heavy machinery while impaired by any substance is dangerous. Driving while impaired is illegal.



Find more information about safe use on our website.

[njcrcgov.info/safeuse](https://njcrcgov.info/safeuse)

-  Buy from licensed dispensaries.
-  Carefully read the package for potency and dosage information.
-  Start with a low-dose THC product and go slowly, especially if you are a new user or haven't used cannabis in a while.
-  Be aware that using cannabis along with alcohol, medicines, other stimulants, and even some foods can impair more than any of them on their own.
-  Tell your doctor and other healthcare providers about your cannabis use, especially if you take prescription drugs.
-  Keep cannabis and cannabis products in their original resealable packaging with clear labeling identifying their THC content and potency.
-  Store cannabis and cannabis products securely out of the reach of children.
-  Do not use any cannabis products if you are pregnant, planning to become pregnant, or are breastfeeding.
-  Avoid exposing others to secondhand smoke.
-  Do not share your stash with anyone under 21 years old.
-  Always use cannabis products in moderation.