# Cannabis 101

For recreational or medicinal use. Also known as marijuana, pot, bud, and weed.



- Inhaled starts working within 10 min and effects lasts 2-4h (but can be up to 24h)
- Edibles start working at around 1h and effects last 4-6h (but can be up to 24h)
- Vaping and edibles likely safer than smoking

#### When to Avoid

- Pregnancy and breastfeeding
- Personal/family history of psychosis
- Several hours before driving
- Allergy to cannabis
- Under age 25



# Tetrahydrocannabinol (THC)

- Makes some people high
- Stimulates appetite
- More cognitive side effects than CBD (e.g., confusion, drowsiness)

## Cannabidiol (CBD)

- Does not make people high
- Many potential medicinal uses

\*Cannabis has hundreds of other ingredients with unknown effects

# What to Watch For Side effects are higher for cannabis than most prescription medicines

### **Very common (10-30%)**

Intensely happy/uneasy

Sedation/relaxation

Difficulty speaking

Numbness

Disconnected thoughts

Muscle twitching

Changes in heart rate/blood pressure

**Common (1-10%)** 

Impaired memory, confusion

Blurred vision/visual hallucination

Loss of touch with reality/self
Problematic cannabis use

(e.g., difficulty cutting down, continued use, despite harm)

**Uncommon but serious (<1%)** 

Intense/prolonged vomiting

Loss of motivation



Long term side effects largely unknown

#### **Reduce Harm**

- Avoid driving for several hours after use
- Vaporizing/edibles preferred over smoking
- Keep away from children, especially edibles
- Delay age of first use as long as possible

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