



Helplines

- Maryland Poison Center, 800-222-1222
- Pet Poison Hotline, 855-764-7661 (fee)
- Mental health support, call or text 988
- Serious reaction? Call 911



cannabis.maryland.gov



What to do if you overconsume



- **Hydrate.** Drink plenty of water
- **Stay Calm and Rest.** Nap or sleep in a safe place and wait for effects to subside
- **Take Deep Breaths.** Regulating your breath helps calm the nervous system when experiencing overconsumption
- **Do Something That Comforts You.** Listen to music, watch a show, or call a friend
- **Get Help.** For a medical emergency, call the Maryland Poison Center (800-222-1222) or 911

Keep out of reach of children, young adults, and pets



- Keep all cannabis products locked up, out of reach, and out of sight
- Use a safe or lockbox (these may be available to purchase at dispensaries)
- Keep cannabis in its original, child-resistant packaging that displays the THC warning symbol



BE INFORMED. BE RESPONSIBLE. BE SAFE.

Pocket Guide for Responsible Cannabis Consumption



Dosage Guidelines for Beginners*



Flower

Dose: 1 inhalation
Onset: 1-10 minutes
Duration: 1-6 hours



Vapes

Dose: 1 inhalation
Onset: 1-10 minutes
Duration: 1-6 hours



Edibles

Dose: 2.5 mg THC
Onset: 1-2 hours
Duration: 4-24 hours



Liquids/Beverages

Dose: 2.5 mg THC
Onset: 1-2 hours
Duration: 4-24 hours

*Suggested to avoid overconsumption. Formal guidelines have not been established.

Edibles Fast Facts



- Always check the amount of THC on the label – edibles can look identical but have *different strengths!*
- You may need to cut an edible in half or quarters to consume the dose you want

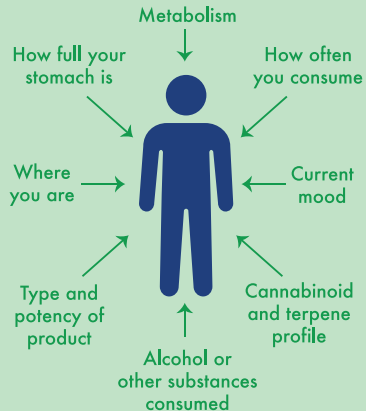


- Effects from edibles are often delayed and last longer than smoking or vaping cannabis

Cannabis Experience

It's not just how much THC you take that determines how high you feel.

The following can affect each experience:



Tips for a Safer Cannabis Experience

Do

- ✓ Purchase regulated and tested cannabis from a licensed dispensary
- ✓ Start with a low dose (1-2 puffs or 2.5 mg THC) and wait at least a couple hours before consuming more
- ✓ Ask your healthcare provider if you have medical concerns

Don't

- ✗ Mix cannabis with alcohol, tobacco, or other intoxicants or stimulants
- ✗ Drive after consuming cannabis
- ✗ Smoke in public spaces