

What you need to know to BeCannabisSmart

A Guide for Adults 21+



Cannabis is legal for adults 21+, certified medical patients, and their caregivers with valid government-issued ID. Cannabis purchased in Maryland must remain in-state.

Cannabis Trusted Source

Products sold in licensed dispensaries have strict state oversight on processing, lab testing, packaging, and labeling. Only Maryland licensed dispensaries display the Trusted Source sign shown on the left.



Delta 8/9/10 THC / Intoxicating Hemp

THC products sold outside of licensed dispensaries are not regulated, meaning their contents have *not* been state-tested or inspected prior to sale. To report an issue with an unlicensed product or retailer, complete the online form at atcc.maryland.gov/tips/.

Keeping Maryland Public Spaces Smoke-Free

Smoking cannabis is prohibited in all indoor and outdoor public spaces — including parks, event venues, bars, restaurants, streets, and sidewalks. Check rental agreements and HOA rules for cannabis smoke and vapor policies.

Edibles: Start Low, Go Slow

Edibles, such as gummies, chocolates, and beverages, can have a delayed onset of feeling “high.” It may take up to two hours to begin to feel the effects and up to four hours to feel the full effects. This onset is much slower than smoking or vaping, but the resulting “high” can feel stronger and longer. The “high” from edibles can last six hours or more.

Good to Know

Edible products can look similar but have very different THC potencies. Consumers should always check the package label for its THC content and split the serving in half or quarters to get the amount of THC they want.

Starting Serving Size (“Dose”)

Edibles/liquids

2.5-5 mg THC

- Onset: 15 min-2 hours
- Duration: 6+ hours
- Wait 2 hours to feel full effects before consuming more



Flower/vape/concentrate*

1 inhalation lasting no more than 2 seconds

- Onset: 1-10 minutes
- Duration: 1-6 hours
- Wait between puffs to feel the full effects before taking more



*Consumers new to cannabis should not start with concentrates.



Cannabis should not be mixed with alcohol or other intoxicating substances as it increases impairment.

Store Up, Away, and Out of Sight

Consumers should always keep cannabis products out of reach from children and pets.

Edibles can be mistaken for food or candy. Cannabis should never be stored in a refrigerator or on a counter or pantry where food is kept. Like medications, cannabis should be kept in its original child-resistant packaging that displays the THC content and warning symbol.



The best safeguard is to keep cannabis locked away.

Low-cost lockboxes and safes are available online and at some dispensaries.

If disposing cannabis, cover, seal, and place in the trash so it's not accessible — including to pets.

Limits for Adult-Use Purchases

- 1.5 ounces of flower (pre-packaged flower, pre-rolls)
- 12 grams of concentrates (vapes, wax, shatter, butter/budder, resin)
- 750 mg of THC (edible gummies, chocolates, beverages, capsules, tinctures)
- 2 plants or seedlings (up to two plants per household, indoors, and out of public view)

Important Numbers

Maryland Poison Center: 800-222-1222

Pet Poison Helpline: 855-764-7661
(fee applies)

For emergencies, call 911



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cannabis.maryland.gov/BeCannabisSmart

Effects of Cannabis Use

Cannabis has two main chemicals that affect the brain in different ways:

- **THC (tetrahydrocannabinol)** provides the “high” feeling.
 - How “high” depends on many factors, including the type of product and how much THC is consumed.
 - Effects vary from person-to-person, and someone may feel differently each time they consume.
- **CBD (cannabidiol)** doesn’t provide a “high” but can have other effects on the body and mind.



Harmful or unexpected effects from a cannabis product or a problem with a product or business can be reported by scanning this QR code or clicking the “Report an issue” link found under the “Contact Us” tab at cannabis.maryland.gov.

Effects of using cannabis may include:

- Trouble thinking, remembering, and problem solving
- Pain relief for some conditions
- Seeing or hearing things that aren’t real (especially with higher THC doses)
- Reduced nausea/vomiting related to chemotherapy
- Mood swings
- Dry mouth, dizziness, hunger, and/or bloodshot eyes
- Slowed movement and coordination

And effects can differ:

- Feeling like time is moving slower OR faster
- Feeling relaxed OR feeling paranoid
- Increased OR decreased anxiety
- Faster heartbeat OR lower blood pressure

Intoxicating Effects Can Impair Driving

It is illegal to smoke or use cannabis while driving. Driving while impaired by cannabis is illegal in Maryland, with the same penalties as driving drunk.

THC Potency and High-Risk Populations More THC, More Often = More Risk

Consuming products with higher amounts or percentages of THC increases the risk for unwanted side effects and cannabis use disorder.

Vapes and concentrates contain high amounts of THC. Lower THC options can be effective and help reduce risks. Always read package labels and consider lower THC options such as:

- Flower with less than 20% THC
- Edibles with 5 mg or less THC

Certain consumers should always avoid higher THC products, including those who are:

- new/inexperienced with cannabis
- under age 25
- have a personal or family history of serious mental health disorders

Pregnancy and Breastfeeding

Cannabis should not be consumed while pregnant or breastfeeding. All forms of cannabis (including CBD products) can put a baby’s health at risk, including smoking, vaping, dabbing, eating, drinking, or applying THC lotions. THC passes to the baby during pregnancy and breastfeeding. “Pumping and dumping” does not work because THC stays in the body for a long time.

Pregnant individuals should talk to their doctor if they need help stopping or for safer options to treat pregnancy symptoms, such as morning sickness, nausea, stress, or pain.

Teens and Young Adults

It’s especially important for young people to know that “legal” doesn’t mean “safe.” Cannabis use poses added risks for youth and young adults because THC acts directly on the brain, which continues to develop until about age 25. Regular cannabis use during teen years and early adulthood may harm memory, learning, and attention – and effects may be long term.

Cannabis Use Disorder and Mental Health

Up to 3 in 10 people who use cannabis experience physical cravings or difficulty controlling their use.

Signs of cannabis use disorder include:

- Using more cannabis than intended
- Using cannabis in risky situations (like while at work, driving, or caring for children)
- Using cannabis even if it is causing problems at home, work, school, or relationships
- Needing more cannabis to get the same “high”
- Experiencing withdrawal symptoms
- Trying but failing to quit or reduce use

Mental Health

It’s possible for cannabis to harm (not help) mental health.

Cannabis use has been linked to anxiety, depression, and schizophrenia (a type of mental illness where people might see or hear things that aren’t really there). Research suggests that mental health disorders may develop or worsen from daily/near daily cannabis use, higher THC cannabis use, or regular cannabis use in teens/young adults.



For mental health support or concerns about substance use, including cannabis use, talk to a counselor, healthcare professional, or call/text/chat 988, a FREE 24/7 substance use and mental health support line.

