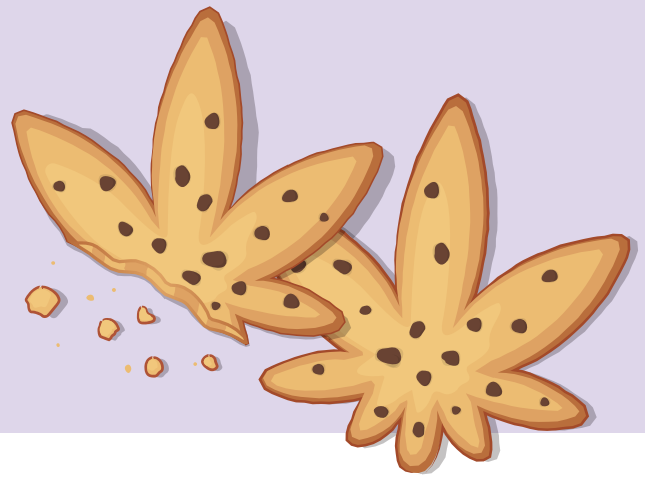


# Enjoy Cannabis Edibles Responsibly



- ▶ **Don't drive** or operate machinery after consuming a cannabis edible. It could take 8 - 12 hours for the effects to fully wear off.



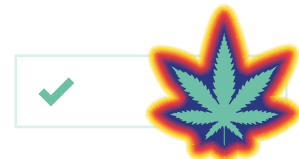
- ▶ **Read** the label. Regulated cannabis will provide information on safe dosing. A single package will contain up to 10mg of THC. First time users should start with 2.5mg.



- ▶ **Avoid** alcohol and/or sedating medications when using edibles. This includes sleeping pills, opioids, and night-time cold and allergy products.



- ▶ **Wait** to feel the effects. It can take 2 - 3 hours for the effects to fully set in. Re-dosing too soon is a common cause of overdose.



- ▶ **Safely** store edibles away from kids and pets. If there are kids in the house, consider oils or capsules rather than baked goods, chocolates, and candies.



**1 in 5** kids who accidentally consume edibles are admitted to the ICU.<sup>2</sup>



<sup>1</sup>Government of Canada. Information for Health Care Professionals: Cannabis (marihuana, marijuana) and the cannabinoids. Spring 2018.  
<sup>2</sup>Richards JR, Smith NE, Moulin AK. Unintentional Cannabis Ingestion in Children: A Systematic Review. J Pediatr. 2017 Nov;190:142-152.  
Fischer, B., et al (2017). Lower-Risk Cannabis Use Guidelines (LRCUG): An evidence-based update. American Journal of Public Health, 107 (8). DOI: 10.2105/AJPH.2017.303818



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