

SAFETY CONSIDERATIONS FOR MARIJUANA USE

YOU MUST BE AT LEAST 18 YEARS OLD

Marijuana consumption is prohibited to anyone under 18 years old.

START LOW

THC is the chemical in marijuana that makes a person feel high.

Concentrations of THC can vary widely and is based on multiple factors.

GO SLOW

Marijuana products may take 2 - 4 hours after consuming to take full effect. If it is your first time using, be cautious of eating too much of a marijuana edible as it may lead to unwanted effects.

IT IS ILLEGAL TO DRIVE WHILE HIGH

Laws prohibit driving under the influence of marijuana. Driving high may result in an OUI.

STORE YOUR PRODUCTS SAFELY

Store marijuana products safely. Store them out of reach of children and pets.

HARMFUL EFFECTS ON BRAIN DEVELOPMENT

Marijuana has harmful effects on brain development, which continues through the age of 25.


FOR EXPECTING OR BREASTFEEDING MOTHERS

Using marijuana while pregnant or breastfeeding may be harmful to your baby.

POISON CONTROL HOTLINE

Call for help if you've consumed too much, or suspect a child or pet has accidentally consumed marijuana.

Call the Poison Control Hotline: 1-800-222-1222

 FMI: Bridget Rauscher at bnevers@portlandmaine.gov



Public Health
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Portland Public Health Division
City of Portland, Health and Human Services Department