LOCK IT UP

Cannabis can be harmful to children and pets. Take steps to protect them from consuming cannabis accidentally:

1. **Purchase a lock box or lock bag.**
2. **Keep cannabis out of sight and out of reach.**
3. **Put it away every time.**
4. **Teach children not to touch products with a marijuana label.**

Effects on Children and Pets

Children and pets can mistake cannabis edibles for candy or food. These products can cause severe symptoms in children and pets.

Signs of cannabis ingestion in children include sleepiness (ranging from drowsy to difficult to wake), loss of coordination, and trouble breathing.

Effects in pets are similar to children and may include vomiting, depression, and excess saliva.

If you think a child has consumed cannabis, call Poison Control at 1-800-222-1222.

If the child is having a severe reaction, call 911 immediately.

Cannabis Edibles

Edibles are food or drinks with cannabis in them. They can take up to 2 hours to take effect. Because of this, some people eat too much, which can make them sick or hurt.

If you choose to consume edibles:

Start low and go slow. If you're not sure how cannabis will affect you, start with ingesting less than one serving (10 mg).

Wait at least 90 minutes and up to four hours before eating or drinking more. Effects can last longer than expected.

Do not use edibles and alcohol together.

It is illegal to drive after or while consuming cannabis. Call a friend or plan for a ride after consuming cannabis edibles.

Scan to learn more or visit bit.ly/4c8RxDy

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LIVINGSTON COUNTY Health Department