



HOW TO USE CANNABIS RESPONSIBLY

Consuming cannabis (marijuana, hashish, weed, pot, edibles, etc.) can be risky, depending on how you use and what you do afterward. If you decide to use, here is important information to keep yourself and others safe.

USE SPARINGLY

- **Cannabis is stronger than it used to be** because modern marijuana plants contain higher amounts of tetrahydrocannabinol (THC). The higher the THC content, the stronger the effects on your brain and behavior.^{1,2,3}
- The effects of high concentrations of THC are not fully understood but can **impair your judgment and coordination, and lead to poisonings, car crashes, and other injuries**. It can also increase your risk for acute psychosis.^{4,5,6,7}
- **Everyone reacts differently to cannabis**. Factors include gender, previous experience, the method in which it is used, and the strength of the cannabis.⁸ Your experience may also be affected by body weight and whether or not there is food in your system.⁹
- **Even a single dose of THC can impair your ability to drive**, bike, or do other activities - especially if you are not a regular user.^{10,11}
- While a single dose of marijuana is considered to be approximately 10 mg of THC, **it is recommended that you start with less than 10 mg and wait** to see how it affects you before using more.^{12,13}

10mg
EQUALS A SINGLE DOSE OF WEED,
REGARDLESS OF THE METHOD.



GO SLOW WITH EDIBLES

- First-time and infrequent cannabis users may want to start with 5mg of THC (approximately half a dose) to gauge their reaction before using more.
- It takes the average person 30 minutes to feel anything at all and up to 2 hours to feel the full effect of one dose,^{9,14} so be mindful and pace your use to avoid becoming too high.
- Consuming too much too fast can put you at a high risk of getting too high and experiencing marijuana toxicity.¹⁵

KEEP CHILDREN & PETS SAFE

CANNABIS USE FOR ANYONE UNDER 21

Non-medical marijuana use is illegal for anyone under 21 years of age.

CANNABIS AFFECTS CHILDREN MORE STRONGLY THAN ADULTS¹⁶

Children who have accidentally eaten marijuana products have been sick enough to need emergency medical care.¹⁷



STORE ALL CANNABIS PRODUCTS IN ITS ORIGINAL CHILD-RESISTANT PACKAGING AND KEEP IN A HIDDEN, OUT-OF-REACH PLACE

If you think a child may have ingested cannabis, call the Poison Control Center at 800-222-1222 or 911 for immediate medical assistance.

NEVER USE CANNABIS AROUND CHILDREN, ESPECIALLY WHEN YOU ARE RESPONSIBLE FOR WATCHING THEM

Secondhand cannabis smoke contains THC and other harmful chemicals found in tobacco smoke in the same quantities that can lead to a second-hand high and lung problems.^{18,19}

DO NOT CONDONE TEEN CANNABIS USE

Using cannabis regularly in your teens and early 20s can physically change your brain and permanently harm your memory, learning, and attention.^{20,21}

**REGULAR USE OF MARIJUANA
IN YOUR TEENS AND EARLY 20s
CAN PHYSICALLY
ALTER YOUR BRAIN
AND CAUSE PERMANENT HARM.**



KEEP MARIJUANA PRODUCTS AWAY FROM PETS

Pet owners should treat cannabis, including cannabis-containing edibles, like prescription medications and keep them out of the reach of pets. Dogs are especially attracted to edibles that contain chocolate, and chocolate can be very dangerous to them. If you suspect your pet has ingested a cannabis-containing product, please contact your veterinarian immediately for advice on treatment.²²



DON'T DRIVE UNDER THE INFLUENCE

- Though you may think you're more alert while using cannabis, THC can impair your judgment, coordination, and reaction time, which can lead to car crashes.^{4,23}
- It is neither legal nor safe to use cannabis while operating any motorized vehicle (this includes boats and motorcycles.)
- Driving high can result in a DUI and increase your risk of a car accident.



KNOW THE HEALTH RISKS

- Routine marijuana users are significantly more likely than nonusers to develop long-lasting mental disorders, including anxiety and depression.^{24,25}
- Smoke from cannabis contains many of the same toxins and chemicals found in tobacco smoke in the same quantities,^{26,27} and inhaling it can increase your risk of developing lung problems.^{28,29}
- 1 in 10 marijuana users develop a cannabis use disorder, meaning they can't stop using the drug even though it interferes with their social life, career achievements, and physical and mental health.
- If you are pregnant or breastfeeding, or plan to become pregnant soon, leading doctors' organizations, like the American Academy of Pediatrics, recommend that you do not use cannabis as it can be dangerous to your baby's growth and development.^{31,32}

CHEMICALS FOUND IN CANNABIS SMOKE INCLUDE AMMONIA, HYDROCYANIC ACID, AND NITROSAMINES AS WELL AS MANY OF THE COMPONENTS OF TAR INCLUDING PHENOLS, NAPHTHALENE, AND THE PROCARCINOGENIC BENZOPYRENE AND BENZANTHRACENE³⁰



BE AWARE OF VAPING & CONCENTRATES

- Researchers do not fully understand how vaping can affect your health.³³
- Vaporized and concentrated waxes and oils can contain significantly more THC, which increases the risk of marijuana poisoning.¹⁵
- According to the CDC, among 1,184 patients with a vaping related illness, 83% reported using THC-containing products.³⁴
- The processes of heating vaping devices exposes users to carcinogenic chemicals like formaldehyde and toxic metals like lead that can cause brain damage.^{35,36,37,38,39}

DON'T USE SYNTHETIC CANNABINOIDS

- Synthetic cannabinoids (K2, spice, spike) are made from another type of plant (not cannabis) that's sprayed with chemicals.^{11,40}
- They are illegal,⁴¹ extremely dangerous, and have even killed people in Illinois.⁴²
- If someone you know has used synthetic cannabinoids and needs help:
 - Call the Poison Control Center at 800-222-1222
 - If the person stops breathing, collapses, or has a seizure, call 911

For more about the health risks of using cannabis while pregnant or breastfeeding, check out [LetsTalkCannabisIL.com/New-Moms](https://www.letsstalkcannabisil.com/new-moms).

If you have additional questions regarding non-medical marijuana use in Illinois, please email letstalkcannabisil@prevention.org.



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CÓMO USAR CANNABIS RESPONSABLEMENTE

Consumir cannabis (marihuana, hachis, hierba, mota, comestibles, etc.) puede tener riesgos, dependiendo de cómo lo uses y de lo que hagas después. Si decides usar cannabis, aquí encontrarás información importante para que tú y los demás estén seguros.

USAR CON MODERACIÓN

- **El cannabis de ahora es más potente de lo que solía ser** porque las plantas de marihuana modernas contienen cantidades más altas de tetrahidrocannabinol (THC). Mientras mayor sea el contenido de THC, más fuertes serán los efectos en tu cerebro y comportamiento.^{1,2,3}
- Los efectos de las altas concentraciones de THC no son totalmente comprendidos, pero pueden **afectar tu juicio y coordinación, y provocar intoxicaciones, accidentes automovilísticos y otras lesiones**. También puede aumentar tu riesgo de psicosis aguda.^{4,5,6,7}
- **Cada persona reacciona de manera diferente al cannabis**. Los factores incluyen el género, la experiencia previa, el método en el que se usa y la fuerza del cannabis.⁸ Tu experiencia también puede verse afectada por tu peso corporal y si hay o no alimentos en tu sistema.⁹
- **Incluso una sola dosis de THC puede afectar tu capacidad para conducir**, andar en bicicleta o realizar otras actividades, especialmente si no eres un usuario habitual.^{10,11}
- Mientras que se considera que una sola dosis de marihuana tiene aproximadamente 10 mg de THC, **se recomienda que comiences con menos de 10 mg** y esperes a ver cómo te afecta antes de usar más.^{12,13}

10mg

ES IGUAL A UNA SOLA DOSIS DE MARIHUANA,
INDEPENDIENTEMENTE DEL MÉTODO.



VE LENTO CON COMESTIBLES

- Los consumidores de cannabis primerizos y de poca frecuencia pueden comenzar con 5 mg de THC (aproximadamente la mitad de una dosis) para evaluar su reacción antes de consumir más.
- Le toma a una persona promedio 30 minutos sentir algo y hasta 2 horas sentir el efecto completo de una dosis,^{9,14} así que ten cuidado y controla el paso de tu uso para evitar sentir los efectos demasiado.
- Consumir de más y demasiado rápido puede ponerte en mayor riesgo de sentir los efectos demasiado y experimentar toxicidad por marihuana.¹⁵

MANTÉN SEGUROS A LOS NIÑOS Y MASCOTAS

USO DE CANNABIS PARA CUALQUIER MENOR DE 21 AÑOS

El uso de marihuana no medicinal es ilegal para cualquier persona menor de 21 años.

EL CANNABIS AFECTA A LOS NIÑOS MÁS QUE A LOS ADULTOS¹⁶

Los niños que han ingerido productos de marihuana accidentalmente han estado lo suficientemente enfermos como para necesitar atención médica de emergencia.¹⁷



GUARDA TODOS LOS PRODUCTOS DE CANNABIS EN SU EMPAQUE ORIGINAL A PRUEBA DE NIÑOS Y MANTENLOS EN UN LUGAR ESCONDIDO, FUERA DEL ALCANCE

Si crees que un niño puede haber ingerido cannabis, llama al Centro de Control de Envenenamientos al 800-222-1222 o al 911 para obtener asistencia médica inmediata.

NUNCA USES CANNABIS ALREDEDOR DE NIÑOS, ESPECIALMENTE SI ERES RESPONSABLE POR ELLOS

El humo de cannabis de segunda mano contiene THC y otras sustancias químicas nocivas que se encuentran en el humo del tabaco en las mismas cantidades que pueden provocar una euforia pasiva y problemas pulmonares.^{18,19}

NO PERMITAS EL USO DE CANNABIS EN ADOLESCENTES

El consumo regular de cannabis en la adolescencia y en los primeros 20 años puede cambiar físicamente su cerebro y dañar permanentemente la memoria, la capacidad de aprendizaje y la atención.^{20,21}

EL USO REGULAR DE MARIHUANA DURANTE TU ADOLESCENCIA Y LA PRIMERA MITAD DE TUS AÑOS 20

PUEDA ALTERAR FÍSICAMENTE TU CEREBRO

Y CAUSAR DAÑO PERMANENTE.



MANTÉN LOS PRODUCTOS DE MARIHUANA FUERA DEL ALCANCE DE LAS MASCOTAS

Los dueños de mascotas deben tratar el cannabis, incluyendo los comestibles que contienen cannabis, como medicamentos recetados y mantenerlos fuera del alcance de las mascotas. Los perros se sienten especialmente atraídos por los comestibles que contienen chocolate, y el chocolate puede ser muy peligroso para ellos. Si sospechas que tu mascota ha ingerido un producto que contiene cannabis, comunícate con tu veterinario de inmediato para obtener asesoramiento sobre el tratamiento.²²



NO CONDUZCAS BAJO LA INFLUENCIA

- Aunque puedes pensar que estás más alerta mientras consumes cannabis, el THC puede afectar tu juicio, coordinación y tiempo de reacción, lo que puede provocar accidentes automovilísticos.^{4,23}
- No es legal ni seguro consumir cannabis mientras se opera un vehículo motorizado (esto incluye lanchas y motocicletas).
- Conducir bajo la influencia puede resultar en cargos por delito (DUI por sus siglas en inglés) y aumentar tu riesgo de tener un accidente automovilístico.



CONOCE LOS RIESGOS DE SALUD

- Los consumidores habituales de marihuana tienen una probabilidad significativamente mayor que quienes no consumen de desarrollar trastornos mentales de larga duración, como ansiedad y depresión.^{24,25}
- El humo del cannabis contiene muchas de las mismas toxinas y sustancias químicas que se encuentran en el humo del tabaco en las mismas cantidades,^{26,27} e inhalarlo puede aumentar el riesgo de desarrollar problemas pulmonares.^{28,29}
- Uno de cada diez consumidores de marihuana desarrolla un trastorno por consumo de cannabis, lo que significa que no pueden dejar de consumir la droga aunque interfiera con su vida social, logros profesionales y salud física y mental.
- Si estás embarazada o lactando, o planeas quedar embarazada pronto, las principales organizaciones de médicos, como la Academia Estadounidense de Pediatría, recomiendan que no uses cannabis, ya que puede ser peligroso para el crecimiento y desarrollo de tu bebé.^{31,32}

LOS PRODUCTOS QUÍMICOS QUE SE ENCUENTRAN EN EL HUMO DE CANNABIS INCLUYEN AMONÍACO, ÁCIDO HIDROCIÁNIC Y NITROSAMINAS, ASÍ COMO MUCHOS COMPONENTES DEL ALQUITRÁN, INCLUYENDO FENOLES, NAFTALENO Y EL BENZOPIRENO Y BENZANTRACENO PROCARCINOGÉNICO³⁰



TEN PRECAUCIÓN CON LOS VAPES Y LOS CONCENTRADOS

- Los investigadores no comprenden completamente cómo el vapeo puede afectar tu salud.³³
- Las ceras y los aceites vaporizados y concentrados pueden contener significativamente más THC, lo que aumenta el riesgo de intoxicación por marihuana.¹⁵
- Según los Centros para el Control y Prevención de Enfermedades (CDC por sus siglas en inglés), entre 1,184 pacientes con una enfermedad relacionada con el vapeo, el 83% reportó haber usado productos que contienen THC.³⁴
- Los procesos de calentamiento de dispositivos de vapeo exponen a los usuarios a sustancias químicas cancerígenas como el formaldehído y a metales tóxicos como el plomo que pueden causar daño cerebral.^{35,36,37,38,39}

NO USES CANNABINOIDES SINTÉTICOS

- Los cannabinoides sintéticos (K2, spice, spike) están hechos con otro tipo de planta (no cannabis) que se rocía con productos químicos.^{11,40}
- Son ilegales,⁴¹ extremadamente peligrosos e incluso han causado la muerte de personas en Illinois.⁴²
- Si alguien que conoces ha usado cannabinoides sintéticos y necesita ayuda:
 - Llama al Centro de Control de Envenenamientos al 800-222-1222
 - Si la persona deja de respirar, se colapsa o tiene una convulsión, llama al 911

Para obtener más información sobre los riesgos de salud por consumir cannabis durante el embarazo o la lactancia, consulta [LetsTalkCannabisIL.com/New-Moms](https://www.letsstalkcannabisil.com/new-moms).

Si tienes preguntas adicionales sobre el consumo de cannabis con fines no medicinales en Illinois, envía un correo electrónico letstalkcannabisil@prevention.org.



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