

# Safe & Responsible Use of Cannabis

## **Know Your Rights**

- If you are under 21, using or possessing cannabis is illegal.
- You may not purchase or possess more than 2.5oz in the State of Maine.
- Cannabis cannot be consumed in public; Use of cannabis in public may result in a \$100 civil infraction.
- Marijuana is legal under State of Maine law. Federally, it is not legal. If you're on federal property, such as a national park or a border crossing, you can't even have it in your possession.
- Cannabis products sold in Maine should be consumed in Maine. Do not transport cannabis outside the State of Maine.
- Even though adult use cannabis is legal in Maine, employers have the right to prohibit the use of cannabis by their employees.
- Know your workplace policies on cannabis.

## **Start Low - and Go Slow**

- Cannabis may cause drowsiness and impair concentration, coordination and judgement.
- Do not operate a vehicle or heavy machinery while under the influence of cannabis as it is illegal to do so.
- Even a single dose of THC may impair your ability to drive, bike or do other activities, especially if you are a new cannabis user or use infrequently.
- Smoking or inhaling cannabis products may have associated health risks.
- Consult with a qualified medical doctor or physician prior to consuming any cannabis product, particularly if you are pregnant, nursing, chronically ill, elderly, or taking any prescription medications.

## **Do Not Use While Pregnant or Breastfeeding**

- If you are pregnant or breastfeeding, or plan to become pregnant soon, leading doctors' organizations recommend that you do not use cannabis.

## **Keep Out of Reach of Children**

- Cannabis affects children more strongly than adults. Children are at higher risk for poisoning from cannabis, especially with edibles.
- Store all cannabis products in a locked area. Make sure children cannot see or reach the locked area. Keep cannabis in child-resistant packaging.
- Never use cannabis around children. When you are using cannabis, make sure an adult who can look after your children is nearby.
- Secondhand cannabis smoke contains THC and other chemicals that can affect the health of children.
- If you think a child may have ingested cannabis, call the local Poison Control Center at (800) 222-1222. If you think a child needs immediate medical help, call 911.

## **Keep Pets Safe**

- Protect your pets. Store cannabis - particularly edibles - safely out of reach of dogs, cats, and other animals. If you think your pet may have consumed cannabis, call your veterinarian.

