

Let's Talk About Cannabis

GENERAL INFORMATION

Health Permits and Inspections:

Only dispensaries in Los Angeles County displaying the County Cannabis Emblem are permitted and regulated by the County of Los Angeles Department of Public Health (Public Health). To confirm that this is dispensary is permitted by Public Health, call 626-430-5635.

Adult Use (without Medical Recommendation): Adults ages 21 and older in California may possess up to 1 ounce (28.5 grams) of dried cannabis flower and 8 grams of cannabis concentrate. They may also grow up to six plants for personal use.

Medical Marijuana Identification Card (MMIC): In California, individuals age 18 and over with certain medical conditions may apply for an MMIC. Retail purchases of medical cannabis products with an MMIC are exempt from state and local sales taxes and some local excise taxes, depending on the city.

For more information about the MMIC, visit: <http://publichealth.lacounty.gov/eh/about/medical-marijuana-program.htm>

Laws Restricting Use: Cannabis remains illegal under federal law, so it is illegal to travel across state lines with cannabis even if the state you are traveling to/from allows cannabis use. Your medical cannabis recommendation may be invalid outside of the state in which you obtained it.

- **DO NOT** consume cannabis products in public places or anywhere tobacco smoking is prohibited. Landlords may ban cannabis use on their privately-owned rental properties, and employers may ban cannabis use by employees while at work.
- **DO NOT** consume cannabis while riding in or driving a vehicle or boat.
- **DO NOT** have an open container of cannabis while riding in or driving a vehicle or boat.



Onset and Duration of Effects: Cannabis products affect everyone differently and effects may depend on how cannabis is consumed, how much is consumed, and the user's body composition, among other factors. The effects of smoking/vaping/dabbing cannabis can be felt in seconds to minutes and can last for several hours. The effects of eating/drinking cannabis products can take 30 minutes to 2 hours to be felt and can last up to 8 hours.

Dosage: If you choose to use cannabis, always start with a small dose - 5 mg of tetrahydrocannabinol (THC) for edibles and one puff/hit if smoking/vaping/dabbing. Then wait 5-10 minutes if smoking/vaping/dabbing, or 2 hours if consuming edibles, to see how you react. Overconsumption of cannabis products can lead to severely distressing psychoactive effects. Cannabis concentrates used for vaping and dabbing can have particularly high concentrations of THC (3 to 10 times higher than smokable flower) and should be used with extreme caution. Edibles should also be used cautiously and in small amounts as they can take up to 2 hours to produce effects.



See reverse for additional information

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WARNINGS

Safety: Do not drive vehicles or operate heavy machinery during or after cannabis use. A single dose of THC may impair responsiveness and reaction time and can result in serious bodily injury or death from a collision and/or a Driving Under the Influence (DUI) charge.

Accidental Ingestion or Overconsumption: In case of accidental ingestion (by children or adults) or overconsumption, call Poison Control at 1-800-222-1222 for immediate medical advice or go to your nearest emergency room. Make sure that the affected person does NOT drive themselves. In case of accidental ingestion by pets, call Animal Poison Control at 855-764-7661 or take your pet to your nearest emergency veterinarian.

Storage: Cannabis products should be stored in locked areas out of the reach of children and pets.

Alcohol/Drug Interactions: Cannabis has known interactions with many prescription medications, as well as alcohol and other drugs. Ask your doctor about potentially harmful interactions.

Addiction: Research has shown that approximately 1 in 10 cannabis users will develop problematic use or dependence in their lifetime. Starting regular cannabis use at a younger age and using greater amounts increases this risk. Use of high potency cannabis products and frequent (e.g., daily) use are also linked to increased risk for problematic use.

Pregnancy and Breastfeeding: The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics both recommend that women who are pregnant or are considering pregnancy, or are breastfeeding, avoid cannabis. Cannabis use during pregnancy increases the risk of low birth weight, which is linked to increased health problems, especially in the baby's first year of life. "Pumping and dumping" does not protect infants from exposure to THC because it is stored in body fat and can be transmitted to nursing infants through breast milk for weeks or months after the mother's last cannabis use.



Youth Use: Cannabis use by youth can interfere with brain development and may contribute to memory impairment, decreased learning ability, cannabis dependence, depression, anxiety, or psychosis.

Respiratory Health: Firsthand and secondhand smoke from cannabis products contains many of the same cancer-causing chemicals as tobacco, including tar. Secondhand smoke from cannabis can be as harmful as secondhand smoke from cigarettes, especially for young children.

ADDITIONAL INFORMATION

Health:

For additional health information, visit Los Angeles County Department of Public Health, Cannabis Page: www.publichealth.lacounty.gov



Inspections:

For information regarding the latest inspection results:

- Visit the County of Los Angeles Department of Public Health, Cannabis Compliance and Enforcement webpage at <http://publichealth.lacounty.gov/eh/about/cannabis-compliance-enforcement-program.htm>
- Call 626-430-5635 or
- Scan the code:

