

MMJ EXAMS OF COLORADO

Offices in: Fort Collins, Longmont, Boulder, Greeley, Thornton, Fort Morgan

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INFORMATION FROM THE COLORADO MARIJUANA REGISTRY

ANSWERS TO COMMON QUESTIONS ABOUT MARIJUANA

NATURAL PRODUCTS THAT CAN BE DANGEROUS

Marijuana, like other plants such as tobacco or poisonous berries, can harm people. The chemical in marijuana that makes you feel “high”, tetrahydrocannabinol (THC) can have negative effects on the brain, including memory problems that last up to a week, and the risk of symptoms, like hallucinations or paranoia, immediately after use.

LEGAL DOES NOT MEAN SAFE

Think about alcohol or cigarettes. Both are legal to use, but have risks. Marijuana also has risks even though it is now legal in adults 21 years and older. Being legal does not make marijuana safe.

MANY MEDICINES, INCLUDING MEDICINAL MARIJUANA, MAY HAVE HARMFUL SIDE EFFECTS.

Doctors can recommend medical marijuana in special cases when they decide the benefit is greater than the risk for side effects. Talk to your doctor about treatment choices that have the lowest risks.

SMOKE IS SMOKE

Breathing any smoke is bad for your health, whether the smoke comes from campfires, tobacco or marijuana. Marijuana smoke has the same chemicals as tobacco smoke. Some of these chemicals can cause cancer.

DRIVING WHILE HIGH DOUBLES YOUR RISK OF A CRASH

It is illegal to drive under the influence of marijuana. Marijuana makes driving more dangerous because it slows your reaction time and makes it harder to tell distances or time. Wait at least 6 hours after smoking or at least 8 hours after eating or drinking marijuana before driving, biking or performing other safety-sensitive activities.

VAPED, EATEN OR SMOKED – THC IS STILL THC.

Though smoking marijuana has the added risk of harmful smoke exposure, using marijuana edibles or vaporizer still exposes you to THC. Visit Colorado.gov/Marijuana.

THE NATURAL CANNABINOID BALANCE IN YOUR BODY CAN BE UPSET BY THC.

While some cannabinoids occur naturally in the body and in breast milk to help nerve cells work, the cannabinoid from marijuana, THC, can upset the natural balance in your body and make it difficult for your nerve cells to work normally. This is worse for youth and pregnant and breastfeeding women.

YOUR HOME AND FAMILY

SAFELY STORE MARIJUANA AWAY FROM YOUTH

Young children may confuse marijuana for regular food or candy. Be sure all marijuana products are kept in child-resistant packaging, clearly labeled and locked up. Young children and teens may get into items you think are safely stored.

TALK EARLY AND OFTEN WITH YOUTH ABOUT MARIJUANA

Safe storage is not always enough. Have open conversations with youth about the risks to their developing brain. Set clear house-hold rules together.

PREGNANT OR BREASTFEEDING WOMEN SHOULD NOT USE MARIJUANA

There are medicines and foods, like lunchmeat or sushi, that pregnant or breast-feeding women should not have, to prevent harming their baby. This is also true for marijuana.

MARIJUANA IS NOT A SAFE TREATMENT FOR NAUSEA DURING PREGNANCY

THC in marijuana passes to the baby through the placenta. This may make it harder for the child to pay attention and learn, especially as they grow. Pregnant women should talk to their doctor about safer choices to treat nausea that do not risk harming the baby.

A SMOKE-FREE ENVIRONMENT IS SAFEST FOR YOUR FAMILY.

Breathing any smoke is bad for your health. Do not allow smoking in your home or around your family.

THE EFFECTS OF USING MARIJUANA CAN LAST UP TO 8 HOURS

Use caution after using any form of marijuana. Being high or buzzed can make some activities more dangerous. It is not safe for anyone who is high to take care of children or drive. Make sure there is another person who can do important activities if you plan to use marijuana.

USING MARIJUANA WITH OTHER SUBSTANCES IS NOT SAFE

It is not safe to use alcohol and marijuana. Talk to your health care provider about marijuana and your medication.

ANYONE CAN CONFUSE EDIBLES FOR REGULAR FOOD OR DRINK

Always store marijuana safely. Products purchased from retail or medical marijuana stores are required by law to have child resistant packaging. Keep marijuana in this packaging and in a locked area.

RETAIL MARIJUANA IN COLORADO - HEALTH EFFECTS

IMMEDIATE EFFECTS

Being high or even buzzed can make some activities more dangerous. For occasional users, a single serving (10mg of THC) of marijuana is enough to hurt your ability to drive or do activities safely. People often feel the effects from smoking or vaping marijuana within minutes, while it may take hours to feel the effect from edibles. The effects, and the time before effects are felt, can be different for everyone. Wait at least 6 hours after smoking or at least 8 hours after eating/drinking marijuana before driving, biking, skiing or doing other activities. Marijuana may make your heart beat faster, up to twice as quickly, after use.

BRAIN AND MENTAL HEALTH EFFECTS

Heavy use of marijuana can have a negative effect on your memory. This damage can last a week or more after the last time you used. Regular use of marijuana is associated with depression. Other mental health problems like anxiety may also be associated with marijuana use.

RESPIRATORY EFFECTS

Both firsthand and secondhand smoke contain the same cancer-causing chemicals as tobacco smoke. People who heavily smoke marijuana (daily or near daily use) can have the same health problems as tobacco smokers. These include coughing, wheezing and chronic symptoms like bronchitis.

INTERACTIONS WITH OTHER SUBSTANCES

Using alcohol and marijuana at the same time is more dangerous than using either alone and increases the risk of a car crash. Use caution when taking medication and marijuana at the same time. There may be drug interactions that are not yet identified. Talk to your healthcare provider about marijuana use if you are taking prescription medication.

USE DURING PREGNANCY AND BREASTFEEDING

There is no known safe amount of marijuana use during pregnancy or breastfeeding. Using marijuana while pregnant may harm the baby, which may make it harder for the child to pay attention and learn, especially as they grow. For more information on health effects for pregnant or breastfeeding women and their babies, visit bit.ly/MJ_Mothers.

MARIJUANA EDIBLES

Since the body slowly digests edibles like regular food, marijuana-infused products can take up to 4 hours to take full effect. As of February 2015, all edible retail marijuana products must have clear single servings of 10mg THC, with no more than 100mg per product. Use caution when consuming any marijuana. Start with up to one serving, then wait until you feel the effect before deciding to use more.

CHILDREN AND ACCIDENTAL MARIJUANA USE

More children accidentally get into marijuana in states with legal marijuana. Marijuana can make children very sick, sometimes needing hospitalization. Child-resistant packaging can help stop accidental poisoning.

USE AMONG ADOLESCENTS AND YOUNG ADULTS

Brain development is not complete until age 25. For the best chance to reach their full potential, youth should not use marijuana. Youth who use marijuana regularly are more likely to have a hard time learning, problems remembering and lower math and reading scores. For more information and tips for youth prevention, visit bit.ly/MJ_Youth.

RETAIL MARIJUANA IN COLORADO. LAWS AND RESPONSIBLE USE.

BUYING/SELLING/GROWING

MUST BE 21. It is illegal for people under 21 to buy, have, or use retail marijuana. It is a felony for adults to give, sell or share marijuana with anyone under 21. Only buy retail marijuana from licensed retail stores. Colorado residents age 21 and older can buy and possess up to one ounce of marijuana at a time. Only licensed retailers can sell their product. Adults over age 21 may give up to one ounce of marijuana to another adult 21 or older, but may not sell marijuana. This includes homegrown product. Coloradans may grow up to 6 marijuana plants per person in an enclosed, locked area. Check with your local laws before you grow – they may have stricter rules on growing.

CITY/COUNTY/ORGANIZATIONS

Check local marijuana laws and policies. Cities, counties, schools, universities and employers may set their own rules and consequences. Check before you use. Know workplace policies. Even though it is legal here, your employer can still drug test for marijuana. Find out your work policies before you use. Some hospitals test newborns. If a baby tests positive for marijuana at birth, Colorado law requires hospitals notify child protective services.

USING/HAVING/TRANSPORTING

No more than 1 ounce. Adults age 21 and older may have up to 1 ounce of marijuana. Having more may result in legal charges and fines. It is illegal to use in public. No matter how you use marijuana - smoked, eaten, or vaped – it is not allowed in public places. This includes outdoor spaces like national and local parks, ski resorts, concert venues and indoor areas like restaurants, bars and common areas of apartment buildings. Keep it in Colorado. It is illegal to take marijuana out of state. You cannot bring marijuana to the Denver International Airport. Leaving Colorado with any marijuana product is against the law. Do not drive high. It is illegal to drive under the influence of marijuana and you can get a DUI. It is also illegal to have an open marijuana package inside a car if some of the product is gone and seems like it was used in the car.

MARIJUANA AND YOUR BABY

MARIJUANA AND PREGNANCY

Using marijuana when pregnant may harm your baby. Marijuana that passes to your baby during pregnancy may make it hard for your child to pay attention and learn, especially as your child grows older. This would make it harder for your child to do well in school.

MARIJUANA AND BREASTFEEDING

The American Academy of Pediatrics says that mothers who are breastfeeding their babies should not use marijuana. Breastfeeding has many health benefits for both the baby and the mother. But, THC in marijuana gets into breast milk and may affect your baby. Because the THC is stored in body fat, it stays in your body for a long time. A baby's brain and body are made with a lot of fat. Since your baby's brain and body may store THC for a long time, you should not use marijuana while you are pregnant or breastfeeding.

WHAT IF I USE MARIJUANA WITHOUT SMOKING IT?

THC in any form may be bad for your baby. Some people think that using a vape pen or eating marijuana (like cookies and brownies) is safer than smoking marijuana. Even though these forms do not have the harmful smoke, they still contain THC.

TIPS FOR PARENTS

WHAT SHOULD I KNOW TO KEEP CHILDREN SAFE, EVEN IF THERE IS NO MARIJUANA IN MY HOME?

Talk to young children about not eating or drinking anything without permission. This is important for when they are at other people's homes.

WHAT SHOULD I KNOW TO KEEP CHILDREN SAFE IF I PLAN TO USE MARIJUANA?

Make sure there is another person who can safely care for children. It is not safe for anyone who is high to take care of children. Do not allow smoking in your home or around children. Store all marijuana products in a locked area. Make sure children cannot reach the locked area. How you store marijuana should change as children get older. Safe storage around young children may not stop older children or teens.