

# Poison Prevention Press

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## Safe Storage

All items containing cannabis should be stored properly, whether there are children in the environment or not. Follow these tips to stay safe:

- Read the product label for specific storage instructions.
- Keep all products in their original labeled containers.
- Child-resistant packaging is not child proof. It is intended difficult for children to open within a reasonable time, but not difficult for adults.
- Cabinet latches are effective tools that limit a child's access to harmful items

## Did you know that...

- According to the 2018 Monitoring the Future survey, 44% of 12th graders have reported using cannabis at some point?
- There have been approximately 230 cannabis exposures reported to the MPC from Jan 1-Nov 1, 2019?

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## What You Should Know About Marijuana (Cannabis)

Marijuana, also known as cannabis, is a drug that has been around for centuries. Both the plant and how it is used continues to change with time. The quality and concentration are higher now than they were in the past. Below, we dive deeper into what you need to know about cannabis.

### What is Cannabis?

Cannabis refers to the dried flowers of the *Cannabis sativa* plant. It includes many compounds, such as delta-9-tetrahydrocannabinol (THC) or cannabidiol (CBD), which all act differently in the body. The amounts of the compounds can vary by plant. Cannabis has different effects for different people, which are influenced by many factors. The MPC has seen poisonings happen as a result of children and pets getting into edibles. Safe storage of these products can help prevent poisonings.

### How Does Cannabis Affect Your Body?

The THC component of cannabis is psychoactive. It alters the mind and gives people the "high" feeling. The CBD component is not psychoactive. Below, we'll talk only about THC and how it affects your body. When cannabis is smoked or vaped, it goes into your lungs. From there, it enters the bloodstream and travels to your brain. The brain reacts to the chemical, causing you to feel the effects within a few minutes of smoking. However, when cannabis is consumed as an edible, it takes about 1-3 hours before it begins to affect the body, because it takes longer for the substance to enter the bloodstream. Whether cannabis is smoked, vaped, or consumed, it impairs coordination, impairs judgement, alters mood, and increases heart rate.

### Is Medical Cannabis Legal in Maryland?

Medical cannabis is legal in Maryland. Eligible patients must register with the Maryland Medical Cannabis Commission. Once registered, patients can get their medical cannabis from a licensed dispensary in Maryland. Some people add cannabis to candy, cookies, or other baked goods to make homemade edibles. Edibles will increase in availability in Maryland dispensaries soon for use by medical cannabis patients.

### What About Recreational Cannabis?

To-date, recreational use of cannabis has not been legalized in the state of Maryland. Bills seeking to legalize recreational cannabis have come up in recent legislative sessions, but have not passed. Although recreational cannabis is legal in other states, it's illegal to bring it into the state of Maryland.

### What Is the Effect on Children?

Cannabis affects children differently than adults. Symptoms of children exposed to marijuana include trouble walking or sitting up, sleepiness, and trouble breathing. If you suspect a child has gotten into cannabis in any form, call the poison center right away. Do not wait for symptoms to call.