

Poison Prevention Press

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Did you know that...

- Poison specialists at the Maryland Poison Center have managed poisoning cases in which children and pets got into delta-8 products?
- A delta-8 serving size can be less than one piece?

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What You Should Know About Delta-8-THC

Delta-8-tetrahydrocannabinol (THC), also known as delta-8, is becoming an increasingly popular product. Let's dive deeper into what you need to know about delta-8.

What Is Delta-8?

Delta-8 is a type of THC found in small amounts in the hemp and marijuana varieties of the cannabis plant. It is similar to delta-9-THC – commonly called THC – and cannabidiol (CBD). Delta-8 can be smoked, vaped, or eaten. It is available in liquid cartridges, beverages, candy, certain foods, and a variety of other forms.

Is Delta-8 Legal?

The legal status of delta-8 products is very complex and unclear at both state and federal levels. Products containing delta-8 are available for purchase from stores, gas stations, and online. Since these products are widely available, underage children may be able to purchase them.

How Does Delta-8 Affect Your Body?

The effects of using products that contain delta-8 are different than those caused by delta-9 products. Delta-8 gives a milder "high" feeling compared to delta-9.

When delta-8 is smoked or vaped, it goes into the lungs, enters the bloodstream and travels to the brain. The brain reacts to the chemical, causing you to feel the effects within a few minutes of smoking. When delta-8 is consumed as a beverage or 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.

Different products will contain a different amount of delta-8 per serving. It's important to follow directions and consume no more than the serving size recommended for a particular product.

Delta-8 products also affect children differently than adults. Children exposed to any cannabis product might have 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 at 1-800-222-1222. Do not wait for symptoms.

How Can I Safely Use Delta-8?

Always read the package label and instructions before using a product. Find the serving size of the product you are using on the package. There can be more than one serving included in a single package. It is possible that one serving is only a small part of a whole piece or one part of a beverage can.

How Can I Safely Use Delta-8?

Delta-8-THC and any other THC-containing products should be stored up, away, and out of sight. These products should be kept in their original, labeled containers. Do not remove the original packaging from a product. The food and beverages could be easily mistaken for a regular food or beverage item, especially to a child. Safe storage of these products can help prevent poisonings.

If you or someone you know is experiencing unwanted or unexpected effects from delta-8-THC or any other cannabis product, call the poison experts right away at 1-800-222-1222.