

What you know about
CANNABIS
matters!

CANNABIS EDIBLES

What You Need
to Know



Edibles are food and drinks made with cannabis. Some common types include brownies, candies, tea and oils.



EATING CANNABIS IS NOT THE SAME AS SMOKING IT!

- Edibles take longer to work. It can take up to four hours before you feel the full effects.
- The effects, or the 'high', can last much longer than smoking or vaping.

IF YOU CHOOSE TO USE EDIBLES:



START LOW:

Start with a small amount of THC (2.5 mg or less).

Keeping the amount of THC below 10 mg total can help to reduce the risks.



GO SLOW:

Wait until you feel the effects before having more.



READ THE LABEL:

Know how much THC is in each serving. THC affects everyone differently, and higher amounts can increase risks.



DON'T MIX:

Mixing cannabis with alcohol or other drugs can lead to unexpected or harmful effects.



STORE SAFELY:

Keep all cannabis products out of reach of kids and pets.

STORE CANNABIS SAFELY



Edibles look just like regular snacks, this means kids, pets or even your friends might eat them by accident.

- Keep it out of sight, locked away and out of reach of children.
- Keep it in its original package so no one thinks it's regular food.
- Keep it separate from everyday food to avoid mistakes.

WHAT TO DO IF A CHILD EATS AN EDIBLE?

Look for these warning signs:

- Vomiting
- Confusion
- Slurred speech
- Extreme sleepiness
- Trouble walking or unsteadiness
- Slow breathing
- Seizures (shaking uncontrollably)

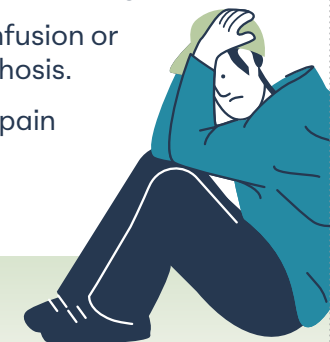


If someone is unconscious or struggling to breathe, act fast. Take them to your health centre and tell the health-care provider that cannabis might be involved.

BE AWARE! The Effects of Edibles Can Hit Harder Than You Expect

One of the biggest mistakes people make is too many edibles too quickly. This can lead to unexpected effects:

- Stronger and unpleasant high.
- Panic, anxiety, confusion or symptoms of psychosis.
- Nausea, stomach pain and vomiting.



SUPPORT

If cannabis use is affecting your mental health, well-being or relationships, there are many supports to help you.

- + Talk to a health-care provider.
- ♥ Talk to trusted Elders, family and friends.
- ☎ Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors in Inuktitut, English, Inuinnaqtun or French.
- 💬 Text NUQUITS to 123456 for support and tips.
- f Visit Facebook.com/NuQuits.
- 🌐 Visit nuquits.ca.

