



TIPS FOR USING CANNABIS SAFELY IN WASHINGTON STATE



A CLEARER LOOK AT CANNABIS

If you choose to use cannabis, what you use — and how you use it — can affect your experience. Start low, go slow, and know that everyone reacts differently.

CANNABIS TYPES

HOW IT'S USED

Flower:

Dried and shredded hemp leaves, stems, seeds, and flowers



Typically smoked

Concentrates:

A potent extract of cannabinoids from the cannabis plant



Consumed orally (RSO), vaporized, or dabbed (shatter, wax, budder)

Edibles:

A cannabis-infused food or drink



Eaten or sipped

*Edibles can take hours to kick in — and effects can last much longer than smoking or vaping

Topicals:

A cannabis-infused lotion, balm, or oil (won't get you high)



Applied to skin and absorbed

THC vs. CBD

Cannabis contains 400+ chemicals, but THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol) are the most well known.

THC CBD



is the main psychoactive chemical that makes you feel high.

is a non-psychoactive chemical. Its effects are still being studied.

Effects you may not expect

While all cannabis can impact your health, products with 35% THC or more — like shatter, wax, budders, oils, kief, and hash — can increase the risks of negative short- and long-term effects.

Avoid the mix-up

Mixing cannabis with other substances can lead to unintended risks and consequences.



Alcohol: Consuming cannabis with alcohol, called “crossfading,” can heighten the risks and side effects of both substances.



Prescription drugs: Cannabis can interfere with medications. Consult a doctor before using.

Know what's legal

You must be 21+ to buy, possess, or use cannabis in Washington state.

Licensed is legit

Buying from a licensed retailer ensures the product meets Washington's safety standards.

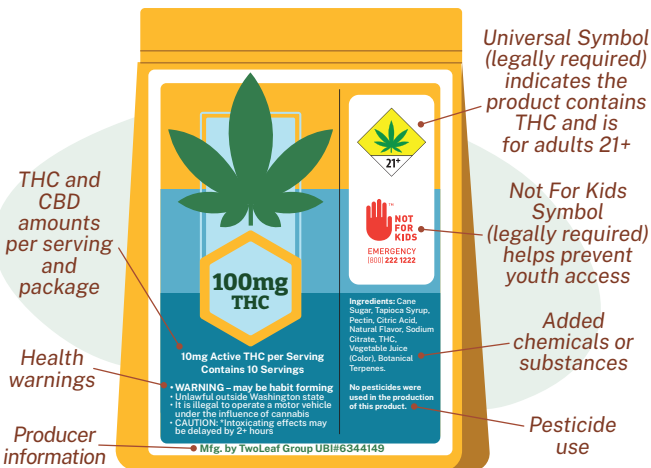
Legal limits

Here's the limit for each type:

- Flower (aka "bud") — up to 1 ounce
- Edibles (gummies, brownies, etc.) — up to 16 ounces
- Cannabis-infused drinks (teas, juices, etc.) — up to 72 ounces
- Concentrates (dabs, oils, etc.) — up to 7 grams

Behind the label

Here's what to look for on a label:



Scan to find
a licensed
retailer





LEGAL

Private residence: You can use cannabis at home, but landlords may have their own rules.



IT DEPENDS

On tribal lands: Tribes are sovereign nations and have their own laws that may prohibit the sale and use of cannabis on their land.



ILLEGAL

In public: This includes anywhere visible to the public or covered by a smoke-free policy. Vaping cannabis in public is also illegal.



ILLEGAL

In a car: Driving or boating high is illegal and unsafe. Passengers can't use cannabis either and having it open or accessible in a car is also illegal.



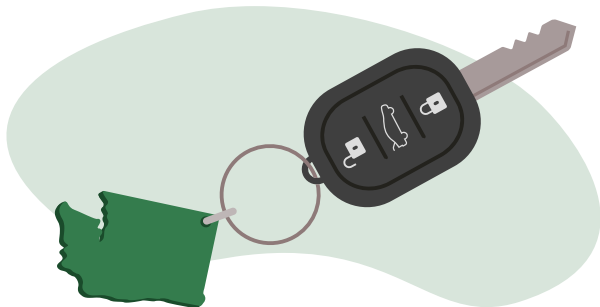
ILLEGAL

On campus: Cannabis use is not allowed on any public or private college or university campus.



ILLEGAL

On federal lands: Cannabis remains illegal under federal law, so you can't use it on federal property like national parks.



On the road

Driving under the influence of cannabis is dangerous — and illegal. Help protect yourself and others by planning a safe ride before you use.

Put the brakes on: Cannabis can slow your reaction time, affect coordination, and cloud your judgment. Don't get behind the wheel or on a bike or scooter, and don't ride with someone who has used.

Avoid the mix-up: Cannabis won't help you "sober up" after drinking. In fact, mixing cannabis and alcohol significantly decreases your ability to drive safely.

Plan ahead instead: Plan your ride home before using. Ask a friend to drive, call a rideshare, or hop on public transit. If none of that's possible, stay where you are.

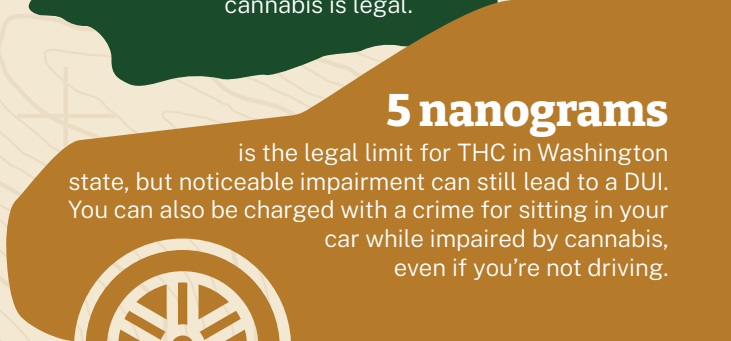
Look out for others: If someone uses and plans to drive, step in to keep them and others safe. Offer them a ride, your couch, or help with finding another way home.

Keep it out of reach: Keep cannabis sealed, in original packaging, and out of reach in your car.



Cannabis can't travel

meaning crossing state
lines with it is illegal — even
if you're headed
to a state where retail
cannabis is legal.



5 nanograms

is the legal limit for THC in Washington
state, but noticeable impairment can still lead to a DUI.
You can also be charged with a crime for sitting in your
car while impaired by cannabis,
even if you're not driving.



80%

of Washingtonians take
action to stop others
from driving impaired.

Secure your cannabis safely

Storing cannabis safely helps prevent accidental ingestion — a serious risk for kids and pets.

Lock in: Keep cannabis locked, out of sight, and out of reach.

Stick with original packaging: Keep products in their labeled and child-resistant or resealable packaging.

Don't forget the DIY label: Clearly label and securely store any edibles you make.

Trash it safely: If you need to toss your cannabis, mix it with coffee grounds or cat litter, seal it in a container, and put it in a secure trash can.





Cannabis can wait

Youth who use cannabis face greater health risks as the brain continues to develop until the mid-20s. Cannabis can interrupt connections that control movement, emotions, attention, and learning. It can also amplify stress, anxiety, depression, and paranoia. Youth who use also face increased risk of addiction.

Need help?

Call 911 for medical emergencies or bad reactions like if someone has a seizure, trouble breathing, or can't be woken up.

For non-urgent help, call the Washington Poison Center at **(800) 222-1222**.

For pets, call your vet or the ASPCA Animal Poison Control Center at **(888) 426-4435**.



The whole picture on health

Using cannabis can impact your health and the health of others.

More than a mood shift: Exposure to higher-than-usual doses of THC can trigger anxiety, fear, and panic.

The short game: Cannabis can cause dizziness, changes in blood pressure and pulse rates, nausea and vomiting, and impaired coordination and reaction times.

The long game: Cannabis smoke can cause cancer and an increased risk in stroke for those over 55.

Cannabinoid Hyperemesis Syndrome (CHS): Long-term, daily use may cause CHS, an illness that causes recurring vomiting.

Hard to quit: Most people use cannabis without issue. Some people may develop cannabis use disorder, which can make it harder to make decisions and function. Heavy users can also experience withdrawal symptoms like irritability, anxiety, and sleepiness.

Smoke lingers, and so do the risks

Secondhand cannabis smoke may contain THC, CBD, pesticides, solvents, mold, heavy metals, cancer-causing chemicals, and other harmful substances.





Mental health

Panic attacks, paranoia, and hallucinations can be more common when using high-THC products and for individuals with a family history of mental health conditions.

Pregnant or breastfeeding?

Avoiding cannabis while pregnant and breastfeeding is the safest and healthiest option for your baby. Talk to your doctor about safe ways to manage discomforts.

Medical cannabis

For some people, cannabis can help treat or manage symptoms related to certain health conditions like cancer, HIV, and glaucoma. Talk to your doctor to learn more about medical cannabis.

Need help quitting?

Call the Washington Recovery Helpline at
(866) 789-1511

Accidentally consumed cannabis?

Call your doctor or the
Washington Poison Center at
(800) 222-1222

CannabisSafelyWA.org



Deaf or hard of hearing readers, please call 711 (Washington Relay) or
email civil.rights@doh.wa.gov

