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FOR IMMEDIATE RELEASE

Consume Responsibly: Marijuana Edibles

NEWPORT, Ore. – Marijuana infused edibles are now legal for adult (21+) purchase in Oregon. Oregon Health Authority has imposed a maximum purchase limit of one low dose edible with at most 15 milligrams of THC per day per retail customer. It is important to remember that THC affects people differently and how it is consumed makes a difference. The effects of inhaling THC are immediate peaking within 10-15 minutes, however when ingested, THC can take up to two hours to take effect and can peak for hours after that.

If you do decide to try edible marijuana, do so responsibly and follow the following guidelines:

- No marijuana purchase or consumption for individuals under 21 years of age.
- It is better to under consume than over consume; especially if the consumer is inexperienced.
- Keep marijuana products away from children and pets. These products can cause illness and possibly death. If you have teenagers, consider going a step further and locking it up, much like you would a liquor or firearms cabinet.
- Immediately call 911 or the Poison Center Hotline at 1-888-222-1222 if a child is witnessed or assumed to have ingested marijuana products in any way. Symptoms of an overdose can include your child having trouble walking or sitting up, drowsiness, or difficulty breathing.
- Never use marijuana while driving or immediately before driving. Not only potentially dangerous, it is illegal and can result in serious penalties. Edible marijuana products and other infused products remain in your system several hours. If you are not sure whether you are impaired or above the legal limit, do not drive!
- Once marijuana edibles are removed from their packaging, many look like every day, non-marijuana-infused food products. When keeping marijuana edibles, make sure they are properly identified so that friends, relatives, roommates, and visitors do not mistakenly consume them.

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