

Quick Facts: Cannabis



Erie County
Department of
Health



Public Health
Prevent. Promote. Protect.

Cannabis is Legal in New York State

- Products sold at dispensaries are regulated for safety and strength
- Reduces arrests for minor offenses
- Revenue increases for local communities



If you use cannabis, use responsibly

- Sales and use under age of 21 is prohibited
- Store cannabis away from children, preferably locked up and out of reach
- Using while driving or operating machinery is illegal
- Avoid daily recreational use to decrease risk of dependency and addiction
- Only use cannabis from a licensed source
- Use edibles with caution
 - Read and follow printed instructions for dosing
 - Start low and go slow; may take at least 30-60 minutes to take effect

Potential Cannabis Hazards

- EVALI (E-cigarette or Vaping Product Use Associated Lung Injury)
- Anxiety, panic, paranoia, hallucinations
- Increased heart rate
- Decreased motivation, memory and learning
- Cannabis dependency
- Repeated and severe nausea and vomiting also known as Cannabinoid Hyperemesis Syndrome

Some people should still avoid cannabis:

- **Youth:** cannabis can affect brain development & increases chances of future substance use
- **Pregnant People:** cannabis use can cause low birth weight and behavioral issues, and may affect brain development
- **People with diagnosed mental health conditions or family history:** cannabis may increase the risk of certain mental health conditions including schizophrenia, psychosis, depression, anxiety and substance use disorder

Treatment & Support

If you or a loved one need help, call Buffalo & Erie County Crisis Services Addiction Hotline:

(716) 831-7007

Scan this QR code for resources:

95 Franklin Street
Buffalo, NY 14202
(716) 858-7695
opiatetaskforce@erie.gov
www.erie.gov/cannabis

