



# RETAIL MARIJUANA: METHODS OF USE



No matter how marijuana is used — smoked, eaten, vaped or dabbed — THC can make you feel high. Being high hurts your ability to do everyday activities safely. *Be aware of how much marijuana you use and how different forms affect you.*

## A single serving of retail marijuana contains 10 mg of THC.

For occasional users, 10 mg or more of THC is likely to hurt your ability to drive, bike or do other activities. All edible retail marijuana products must have clear single servings of 10 mg THC, with no more than 100 mg per product. Servings can be individually wrapped pieces, bottled drinks or sections that are easy to break off.

## CONSIDERATIONS FOR USING MARIJUANA IN COLORADO

The effects of using marijuana can last up to 8 hours  
**Use caution after using any form of marijuana:** Being high or buzzed can make some activities more dangerous. It is not safe for anyone who is high to take care of children or drive. Make sure there is another person who can do important activities if you plan to use marijuana.

**Using marijuana with other substances is not safe**  
**It is not safe to mix alcohol and marijuana:** Drinking alcohol and using marijuana at the same time is more dangerous than using either alone.

**Talk to your health care provider about marijuana and your medication**

**Use caution when taking medication and using marijuana:** There may be interactions with marijuana that have not yet been identified. Talk to your health care provider.

**Anyone may confuse edibles for regular food or drink**  
**Always store marijuana safely:** Products purchased from retail or medical marijuana stores are required by law to have child-resistant packaging. Keep marijuana in this packaging and in a locked area.



# RETAIL MARIJUANA: METHODS OF USE CONTINUED

## Smoking



**METHOD:** Joints, pipes, blunts

**HOW IT WORKS:** Bud from the marijuana plant is burned and the smoke is inhaled.

**METHOD:** Waterpipes, bongs

**HOW IT WORKS:** Smoke goes through water before it is inhaled.

**TIME TO TAKE EFFECT:** Seconds to minutes to feel effect. Effects can last up to 6 hours.

**HEALTH EFFECTS:** Breathing marijuana smoke is not healthy. Using waterpipes and bongs does not make smoke less harmful. Marijuana smoke of any kind irritates the lungs.

Smoking around others exposes them to second-hand smoke. Marijuana smoke contains the same cancer-causing chemicals as tobacco smoke.

## Eating or Drinking



**METHOD:** Marijuana-infused edibles or drinks

**HOW IT WORKS:** THC extract from marijuana is added to food or drink to be digested.

**TIME TO TAKE EFFECT:**

90 minutes to 4 hours to feel effect. Effects can last up to 8 hours.

**HEALTH EFFECTS:**

Since the body slowly digests edibles like regular food, it can take longer to feel the effect. It may not be safe to eat or drink additional servings right away. Use caution when consuming more than one serving.

## Vaping



**METHOD:** E-cigarettes, vape pens, vaporizers

**HOW IT WORKS:** THC extract from marijuana is heated and the vapor is inhaled.

**TIME TO TAKE EFFECT:** Seconds to minutes

**HEALTH EFFECTS:** Vaporized marijuana can have high levels of THC and other chemicals. High levels of THC can be dangerous. Tools used for vaporizing are not regulated for health or safety. At this time we do not know the safety of vaporizing marijuana.

## Dabbing



**METHOD:** Hash oil, dab, wax or earwax, shatter

**HOW IT WORKS:** THC extract from marijuana is heated and the vapor is inhaled.

**TIME TO TAKE EFFECT:** Seconds to minutes

**HEALTH EFFECTS:** THC extract from marijuana, also called hash oil, can contain up to 60-80% THC.

High levels of THC can be dangerous. At this time, we do not know the safety of dabbing.

## Topical



**METHOD:** Non-edibles like lotions, oils, balms, salves

**HOW IT WORKS:** THC extract from marijuana is added to products and applied to the skin

**TIME TO TAKE EFFECT:** Not tested

**HEALTH EFFECTS:** Topical products may treat skin problems or pain relief, but do not make the user feel high.

## RESOURCES:



- For more information on retail marijuana in Colorado, visit [Colorado.gov/Marijuana](http://Colorado.gov/Marijuana).
- If you are worried that you used too much marijuana, call the poison control hotline as soon as possible. Calling is free and you will be helped quickly: **1-800-222-1222**. **If symptoms seem bad, call 911 or go to an emergency room right away.**



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Department of Public Health & Environment