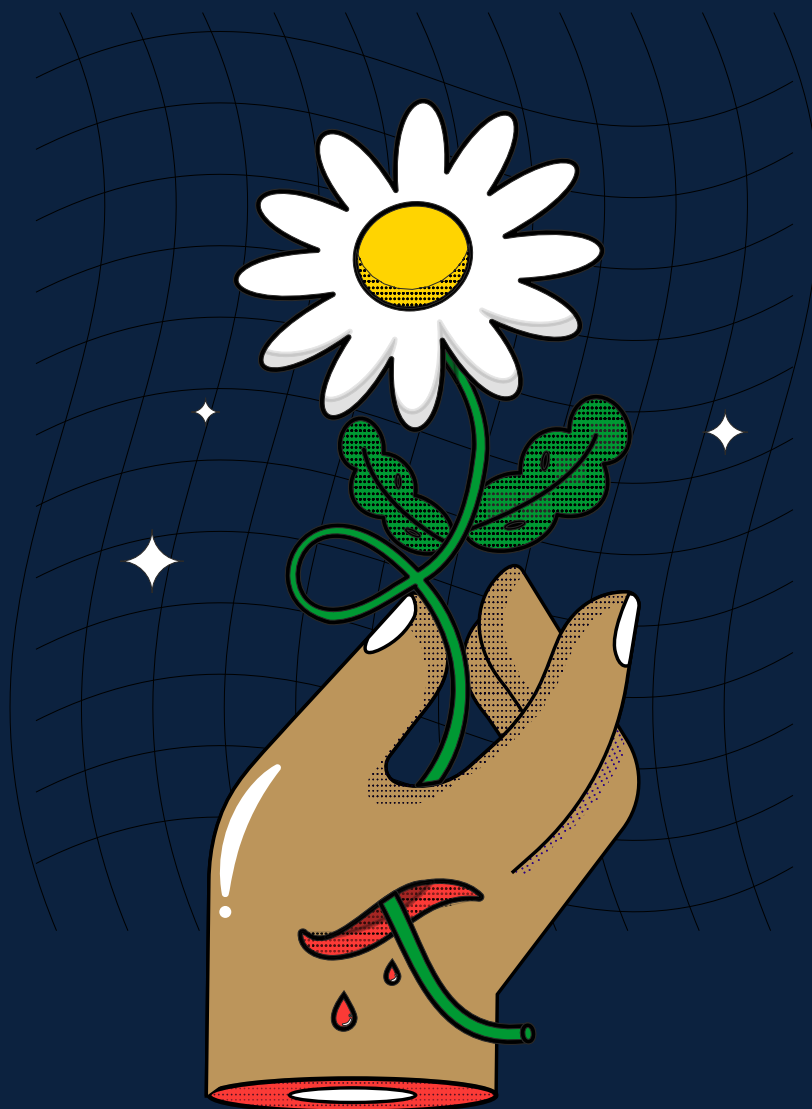


The Liv

EDUCATIONAL MATERIALS





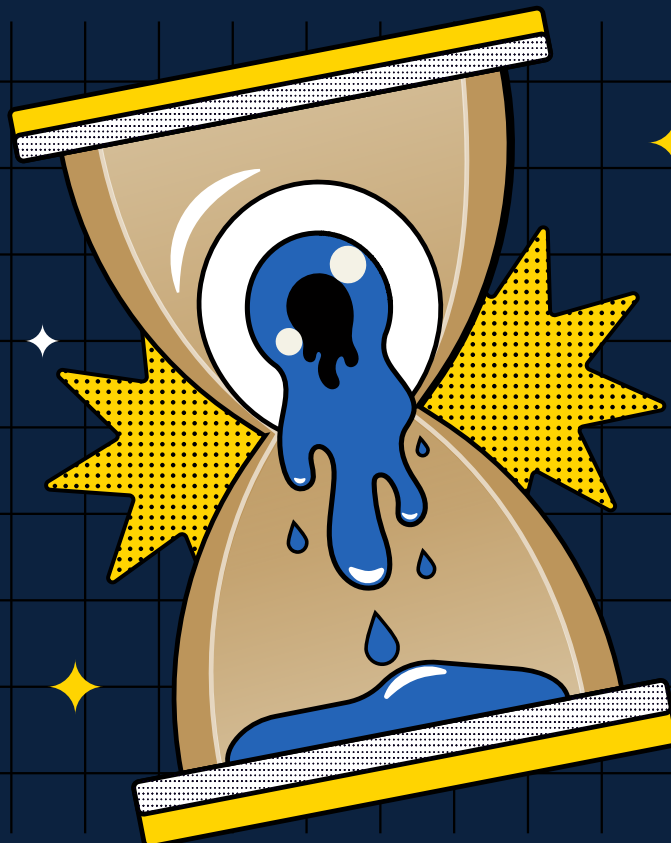
Safe Techniques for Proper Use of Cannabis and Paraphernalia

- **Inhalation:** Inhalation is among the most common methods of consuming cannabis. When cannabis is inhaled, active compounds such as THC are absorbed into the bloodstream through the lungs. There are two primary methods of inhalation: smoking and vaping.
 - **Smoking:**
Smoking involves igniting cannabis flower and inhaling the resulting smoke. Common forms of smoking include:
 - ★ **Joints:** Cannabis rolled in paper, where one end is lit, and the other is used for inhaling.
 - ★ **Pipes:** Small, typically glass devices with a bowl-shaped end for holding cannabis. The cannabis is ignited, producing smoke that travels through the pipe's chamber to the mouthpiece for inhalation.
 - ★ **Water Pipes:** Known as bongs or bubblers, these devices function similarly to pipes but use water to filter and cool the smoke, creating a smoother inhalation experience.
 - **Vaping:**
Vaping involves using a device to heat cannabis flower or concentrates to a temperature just below combustion. This process converts cannabinoids and terpenes into vapor, which is then inhaled.
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- **Oral Consumption:** Oral consumption of cannabis can occur in two ways and typically has a delayed onset of effects, as the compounds must be absorbed through the digestive system.
 - **Edibles:**
Edibles are infused products like beverages, baked goods, or gummies. The effects of edibles take longer to manifest, usually between 20 minutes to 3 hours after consumption.
 - **Tinctures:**
Tinctures are liquid cannabis extracts absorbed through the blood vessels under the tongue. Sublingual application results in quicker effects, while swallowing tinctures produces effects similar to edibles, as they are absorbed through the digestive system.
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- **Topical Application:** Topicals, such as lotions, creams, and ointments, are applied directly to the skin. Unlike other methods of consumption, topicals do not produce psychoactive effects, as they are absorbed locally rather than entering the bloodstream.



Substance Use Information

- Addiction signs include increased tolerance, using drugs to avoid withdrawal, life revolves around drug use, abandonment of activities previously found to be enjoyable, extended use, and loss of control.
- The Substance Abuse and Mental Health Service line can be reached at 800-662-4357.
- If you or someone you know needs support with a cannabis or drug problem, call 800-563-4086.
- For more information on the warning signs of problem use, visit: <https://beintheknowct.org/problem-use/>
- To participate in substance use programs, visit Cannabis Resources – Be In The Know CT or Cannabis Resources – Be In The Know CT.





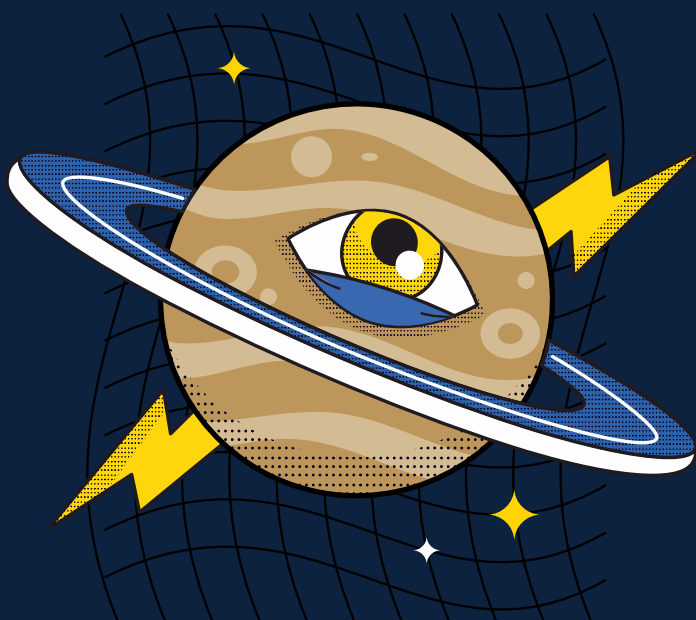
Possession

- **Limits:** An individual may possess and use up to 1.5 oz of cannabis (and store up to 5 oz in a locked container at home or transport it in a locked glovebox or trunk).
- **Grow:** Medical marijuana patients and adults (21+) can grow up to 3 mature and 3 immature plants at home (up to 12 total plants per household).
- **Travel:** Driving across state lines with cannabis is illegal and can lead to federal criminal charges.



Transaction Limits

- Effective July 30th 2025, transaction limits for adult-use purchases will increase to 1 ounce of raw flower or the equivalent.
- Medical marijuana patients may purchase up to 5 ounces per month and are not subject to individual transaction limits (subject to certifying practitioner limitations).
- Different types and sizes of products may be purchased together up to a total of 1 ounce of cannabis flower or its equivalent per transaction. Examples of what 1 of an ounce of cannabis flower or its equivalent might look like include:
 - Up to 28 pre-rolled cigarettes that weigh 1 gram each, or 56 pre-rolled cigarettes that weigh 0.5 grams each. Or any combination up to 28 total grams, which equals 1 ounce.
 - Four to eight vape cartridges, which come in .5 mL and 1 mL sizes.
 - Edibles vary by type and size. A standard-sized brownie or cookie can be the equivalent of .08 grams of cannabis flower. One edible serving cannot have more than 5 milligrams of THC.
 - A combination of different product types that collectively amount to no more than 1 of an ounce.

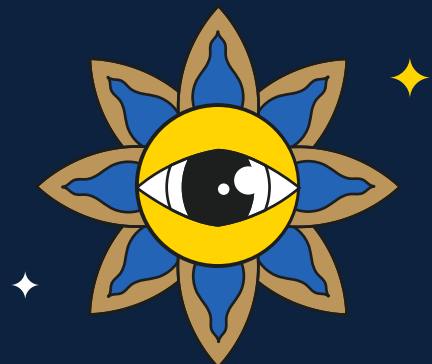


Dosing

- Different products will vary in potency, cannabinoid profile, and effects. Customers should experiment to find the ideal dose for their desired effects and are encouraged to keep a log of consumption, methods, and effects. A customer's tolerance will vary based on a variety of factors including weight, body chemistry, and metabolism.
- When consuming edibles, it is important for consumers to wait the appropriate amount of time before consuming more to reach the desired effect. Consumers should start with a low dose and should not increase it until they know the impact and the timing it takes to reach such impact. A common mistake with edibles consumption is taking too high of an initial dose. Such mistakes can be avoided if consumers "start low and go slow" and carefully monitor the effects.
- The Liv employs best efforts to provide access to low-dose THC products and high-dose CBD products, taking into account economic demands and availability.
- The labels on marijuana products will outline the product's cannabinoid profile and dosage information.

Safety

- Cannabis products should be kept in their original child-resistant and tamper-resistant packaging.
- Consumers should speak with a healthcare provider before using cannabis, especially if they are using medications.
- Driving under the influence of cannabis is against the law. It is against the law for both drivers and passengers to use cannabis in a vehicle while it is operating.
- Cannabis and paraphernalia should be kept away from children and stored under lock and key to avoid accidental ingestion. Consumers need to always be responsible about safe storage of marijuana and marijuana products. Additional information on safe storage can be found on DCP's Website: safe storage (portal.ct.gov/cannabis)





How to Recognize Accidental Cannabis Ingestion

- Children (and pets) who ingest cannabis can become very sick.
- You might notice your child getting very sleepy, the most common sign.
- They might also get dizzy or have problems with coordination, agitation, or confusion.
- They might have a higher than normal heart rate, nausea and vomiting, slurred speech, or dilated pupils.
- In more severe cases, children can have difficulty breathing, seizures and show neurological problems.
- If you suspect cannabis ingestion, keep your child in a safe and supervised area. Call their doctor's office or the CT Poison Control Center at 1-800-222-1222.
- If your child is unconscious, or having problems breathing, walking or sitting up, dial **911** right away.
- Storing cannabis safely can help reduce the risk of accidental ingestion. For more information on safe storage and other important topics, visit: ct.gov/cannabis

6 Steps to Safely Dispose of Cannabis

1 Remove cannabis from its packaging.	2 Crush or chop up cannabis.	3 Put the crushed cannabis in an empty container.
4 Mix something unappealing with the crushed cannabis.	5 Cover the container and seal it with tape.	6 Throw the sealed container away in the trash.

- Call the Connecticut Poison Control Center if you think someone may have accidentally ingested cannabis. **1-800-222-1222**
- **Get the Facts.** Visit our website for more information on safe cannabis use for adults. portal.ct.gov/cannabis

How to Safely Store Cannabis

- **SAFE STORAGE**

Safely storing cannabis lowers the chance of children and pets accessing cannabis.

- **INVENTORY**

Keep a list of cannabis products in your home. You may need to give the list to the Poison Control Center or medical professional.

- **STORE & LOCK**

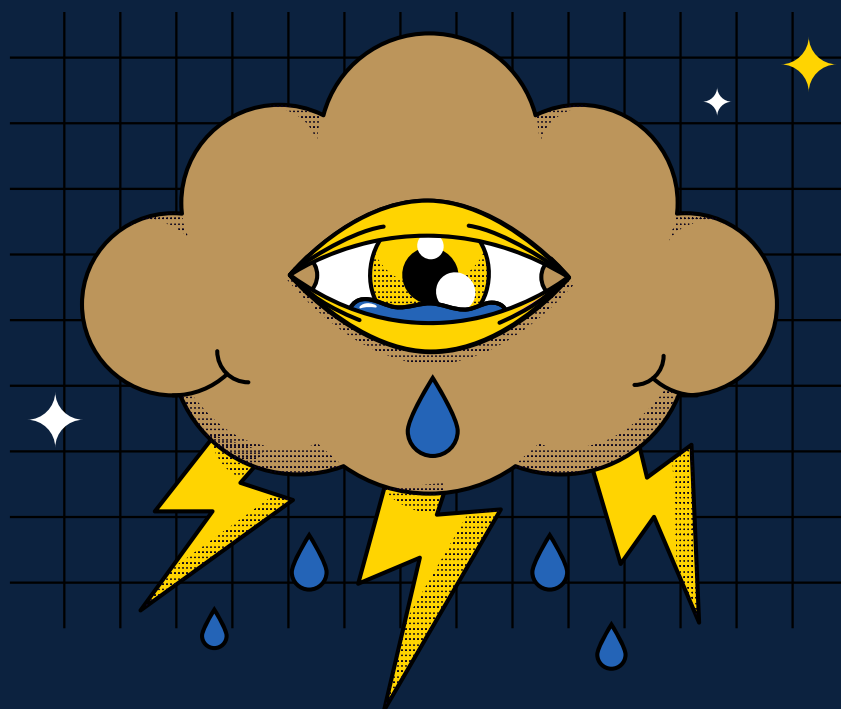
Store cannabis products in their original containers. Keep them in a secure and locked place. Cannabis should be out of sight and reach of children and pets.

- **LOCK BOXES**

Consider using a safe or lockbox with a combination lock or keypad to keep cannabis secure and children safe.

- **IN CASE OF EMERGENCY**

Call the CT Poison Control Center at **1-800-222-1222** or your child's doctor right away if you think your child might have ingested cannabis. The Poison Control Center can also help if your pet has eaten cannabis.



Cannabinoid Hyperemesis Syndrome

What is it?

Cannabinoid hyperemesis syndrome (CHS), or cannabis hyperemesis syndrome, is caused by long-term cannabis (marijuana) use. Hyperemesis means severe vomiting. People who have CHS experience repeated and severe bouts of nausea, vomiting, dehydration and abdominal pain.

Cannabinoids are found in the cannabis plant and bind to cannabinoid receptors found in our brains, gastrointestinal tracts and immune cells. Cannabinoids include tetrahydrocannabinol (THC), cannabidiol (CBD) and cannabigerol (CBG)

There are three phases that CHS cycles through:

- **Prodromal** – Nausea and vomiting following long-term cannabis use. This often leads to a person using more cannabis to reduce the nausea
- **Hyperemetic** – Triggered by increased cannabis use, nausea, abdominal pains and vomiting increase
- **Recovery** – Once a person stops using cannabis, symptoms may take several weeks to decrease and disappear until they begin using again, which starts the cycle over

CHS is more than just a side effect of cannabis. If left untreated, the condition can cause serious health complications and lead to:

- Repeat visits to the emergency room
- Dehydration from severe, prolonged vomiting could lead to a hospital stay
- Electrolyte problems in your blood
- "Scromiting" – screaming and vomiting from episodes of violent vomiting
- Permanent tooth enamel corrosion

You might have CHS if you:

- Experience severe pain in your abdominal area
- Use cannabis daily over a long period of time
- Have severe and repeated nausea and vomiting, often more than 5 times an hour
- Feel relief of your symptoms after taking a hot shower

Rare complications can occur, including:

- Muscle spasms or weakness
- Seizures
- Heart rhythm abnormalities
- Kidney failure
- Shock
- In very rare cases, brain swelling (cerebral edema)

There is no single test for CHS.

If you are experiencing severe vomiting or other concerning symptoms, contact your health care provider.

As many other health problems could lead to repeated vomiting, it's important to discuss your complete health history, including your cannabis use, with any provider you see for your symptoms. This will help ensure you get the help and care you need.

Quitting cannabis use is the only way to get better if you have CHS.

Symptoms almost always come back if you use marijuana again. Contact your health care provider if you suspect you might have CHS or for information on treatment options for cannabis use disorder.

CANNABIS SAFETY

A Guide To Safe Storage, Disposal And What To Do In Case Of Accidental Ingestion

Cannabis Use In Ct

- **Adults 21+**

Adults who are 21 years of age and older and registered Medical Marijuana Patients can legally use cannabis in Connecticut.

- **Read the label.**

Cannabis products are labeled to let consumers know there is THC in the item. Product labels also include the serving size, class of cannabis and expiration date, along with other product information.

- **Cannabis can make pets and children very sick.**

Accidental ingestion occurs when a person or animal eats, swallows or otherwise takes cannabis into their body, usually without knowing what it is.

- **Storage and Disposal**

As with other controlled substances, it's important to keep cannabis stored safely and to throw it away properly to prevent accidental ingestion.

Storage

A safe storage plan can help lower the risk of accidental ingestion.

To make a safe storage plan:

1. **Make a list of cannabis products in your home.** Knowing exactly what cannabis products you have in your home can help with medical treatment in case of accidental ingestion.
2. **Store cannabis products in their original containers and keep the label.** Labels on cannabis products from licensed cannabis establishments will have important information including how much THC is in the product.
3. **Keep cannabis in a secure and locked place.** Cannabis products should be out of sight and out of reach of children and pets. Consider using a safe or lockbox with a combination lock or keypad.

➤ Throw It Out

It's important to know how to safely dispose of cannabis, cannabis products and cannabis waste. These items may contain high levels of THC and can be dangerous to both children and animals if ingested.

- **What is Cannabis Waste?**

Cannabis waste includes all types of used cannabis. It also includes materials and packaging that has made contact with cannabis, but is not for sale or can no longer be used in any way.

- **Examples of Cannabis Waste**

- Expired, leftover and unused edibles, drinks and other cannabis products
- Extracts, oils, and other cannabis liquids Cannabis in plant form (buds, clippings, roaches)
- Cannabis vape pens, bongs and pipes

- **How to Safely Dispose of Cannabis Waste**

Cannabis waste should be mixed with other waste material, like coffee grounds or kitty litter, so it can't be used. The waste mixture should be in a taped and sealed container, like an empty yogurt cup, and thrown into regular trash.

If cannabis packaging is recyclable, throw EMPTY and CLEAN containers away with other recyclables. If the packaging is not recyclable, throw the EMPTY package away with the regular trash. Do not flush cannabis products or packaging down the sink or toilet.

! Accidental Ingestion

Cannabis can be dangerous if accidentally ingested by children and pets. It's important to know the signs of cannabis ingestion so you can get help or treatment, if necessary.

SIGNS OF CANNABIS INGESTION INCLUDE:

- Sleepiness
(most common sign in children)
- Problems with coordination
- Confusion
- Nausea and vomiting
- Dizziness
- Agitation
- Higher-than-normal heart rate
- Slurred speech

In more serious cases, children can have trouble breathing, seizures and/or neurological problems.

If you think your child or pet may have accidentally ingested cannabis, call your healthcare provider or the Connecticut Poison Control Center at **1-800-222-1222** right away.

Watch your child and keep them in a safe area where they are not at risk of falling. Have your list of cannabis products handy.

If your child is unconscious or having trouble breathing, walking, or sitting up, they may need immediate medical attention. **Dial 9-1-1 right away.**

Resources

If you suspect accidental ingestion of cannabis, call the Connecticut Poison Control Center (**1-800-222-1222**) or your healthcare provider right away.

If your child is unconscious or having trouble breathing, walking, or sitting up, they may need immediate medical attention. **Dial 9-1-1.**

For more information on safe storage, disposal, what to do in case of accidental ingestion and other important topics, visit the Connecticut Department of Consumer Protection's Adult-Use Cannabis website: portal.ct.gov/cannabis



Visit website for more information on safe cannabis use for adults.

