A trip to the emergency department is always unwanted, and even more so when it’s the result of unintentional ingestion of marijuana. Here are some tips on using and storing medical marijuana to help keep you, family members, pets, and friends safe.

1. Take as Directed
Follow doctor’s recommendations, including dosing and scheduling instructions. Ask about potential interactions, side effects, and methods of ingestion. Use the same dispensary, if possible, for all recommendations and don’t use expired products.

2. Keep Marijuana Up and Away
Children are naturally curious. Edible products may look harmless, but are incredibly potent. One marijuana cookie may contain enough THC to seriously harm a child or pet. Keep all recommended marijuana products out of reach and out of sight. The top of a cabinet is a good place; a lock box even better.

3. Know the Facts
Every product has its own percentage of THC and CBD. Ask questions, read labels, and understand the composition of any recommended product.

4. Talk It Out
As a family, talk about medical marijuana, including what it is and why you are the one responsible for it.

5. Make No Exceptions
Put marijuana away and always secure child safety caps. It only takes a second for a child to grab something, so don’t leave it out and don’t leave children unattended in the presence of any medication and recommended marijuana products.
Researchers from Central Ohio Poison Center at Nationwide Children’s Hospital\(^1\) found from January 2000-June 2017 there were:

2,968
unintentional ingestions of marijuana
by children younger than age 6

72.4%
of exposures were in children
younger than age 3

50%
had to receive hospital care,
including critical care

70%
of these cases occurred in states
where marijuana is legal

About This Campaign
Because much of the public conversation surrounding marijuana has been based on anecdotes rather than science, Prevention Action Alliance and the Ohio Department of Mental Health and Addiction Services created this campaign to help people better understand the facts about marijuana and its effects.

If you found this article helpful, we encourage you to share it with others. You can also find other fact sheets about marijuana at: preventionactionalliance.org/marijuana

If you have concerns about your own use of marijuana or a loved one’s, and wish to seek help, go to: findtreatment.samhsa.gov/

Contact Us
For more information on Medical Marijuana, please contact us at:
Prevention Action Alliance
(614) 540-9985
preventionactionalliance.org

About Us
Prevention Action Alliance is a 501(c)3 nonprofit located in Columbus, Ohio. We’re dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness. Learn more at preventionactionalliance.org.

The mission of the Ohio Department of Mental Health and Addiction Services (OhioMHAS) is to provide statewide leadership on the topics of mental health and addiction prevention, treatment, and recovery. Learn more about OhioMHAS at mha.ohio.gov.

1. nationwidechildrens.org/newsroom/news-releases/2019/06/marijuana-ingestions-study