

# I think I used too much cannabis, what should I do?

- No *adult* death has been confirmed to be caused directly by cannabis poisoning.
- Risky behavior while high has resulted in death.
- There is some evidence suggesting cannabis poisoning may be deadly to children.
- For adults, if you think you may have consumed too much cannabis, the best thing to do is relax and wait for the drug to leave your body.
- If your discomfort becomes so intense that you think you need medical attention, ask someone to take you to the emergency room or dial 9-1-1. Do **not** try to drive yourself.
- If you think a child is suffering from cannabis poisoning, take them immediately to the nearest emergency room or dial 9-1-1.

# What about Spice/K2/Synthetic Cannabis?

- This is a compound that is man-made to imitate THC
- Synthetic cannabis is **not legal**.
- It has been shown to have significant health consequences including death, even when used infrequently in small quantities

GreenlightLB serves those who live, work, and play in Long Beach through being an unbiased and trusted resource for health and safety information related to cannabis, and by ensuring that everyone can make informed decisions about cannabis use.

## FOR MORE INFORMATION

City of Long Beach  
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Cannabis Education Program

2525 Grand Ave.  
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[www.longbeach.gov/cannabisedu](http://www.longbeach.gov/cannabisedu)



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This information is available in alternative format by request at 562.570.4207. For an electronic version of this document, visit our website at [www.longbeach.gov/cannabisedu](http://www.longbeach.gov/cannabisedu)

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# Green:lightLB

## General Information About Cannabis



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# What is cannabis?

Cannabis is a plant used to produce hemp fiber for materials, and as a drug. The rest of this brochure will talk about cannabis as a drug.

## Some ways to classify cannabis include:

**Strains:** Cannabis plants can be broken down into a few main categories. Each strain has its own physical properties and affects the body differently.

- **Sativa**—Produce energetic, head highs that stimulate creativity. They are more likely to cause anxiety or paranoia, and are typically higher in THC.
- **Indica**—Produce heavy, body highs and are typically higher in CBD. Remember, “Indica, in-da-couch.”
- **Ruderalis**—less common; some consider to be a sub-strain of Indica.
- **Hybrids**—Exhibit properties of pure strains and are often classified according to their similarities to either Sativa or Indica.

**Cannabinoids:** Compounds found concentrated in cannabis flowers that act on special receptors located throughout the body. The most common cannabinoids are **tetrahydrocannabinol** (THC) and **cannabidiol** (CBD).

- **THC**—psychoactive and most responsible for mood and behavior changes. You may have heard of **endocannabinoids** which are THC-like compounds produced in low quantity by our bodies naturally.
- **CBD**—counteracts some psychoactive effects of THC, generally considered to have therapeutic effects on pain, inflammation, and anxiety.

# How is cannabis consumed and what should I expect?

There are many methods of consuming cannabis. Only the most common methods are mentioned here.

## Inhalation:

- Cannabinoids enter the lungs before being absorbed by the bloodstream.
- Effects are typically felt within 10-15 minutes and peak at 30 minutes.
- Effects can last anywhere from 45 minutes to 3+ hours.

### Smoking

- *Hand pipe:* trap smoke produced by burning cannabis flower, smoke is inhaled by user.
- *Water pipe, bong, or bubbler:* act similarly to hand pipes but the smoke is first cooled by water or ice water before inhalation.
- *Rolling paper*
- *Joint:* typically hemp, bamboo, or rice paper
- *Blunt:* cigar paper which contains nicotine

### Vaporization

- *Flower:* some vapes allow for the vaporization of unprocessed flower.
- *Concentrates:* Some vaporization methods require cannabis concentrates like wax, oil, shatter. These may become contaminated by the manufacturing process.

## Topical:

- Most topical cannabis products are not concentrated enough to deliver psychoactive effects.
- Transdermal patches and some high-THC products may produce a mild high.

## Oral consumption:

- *Edibles* are cannabis infused beverages and foods.
- Cannabinoids are broken down in gut.
- It may take up to 2 hours to begin feeling effects.
- The high is often much more intense than that produced from inhalation.
- Effects last an average of 4-6 hours, though they may last even longer.
- Concentration can vary even within the same batch. This is especially true for baked goods or when homemade.
- As a generally rule of thumb, when consuming edibles you should **start low, and go slow**.

# How will cannabis affect me?

A lot of things can change how a person will react to cannabis:

- The type of cannabis strain, potency or strength, how much is consumed, and how it is consumed (smoke or vape, edible, or topical lotion)
- A person's experience or tolerance
- Mixing with other drugs (alcohol, prescriptions, illegal drugs, or over-the-counter medicines)
- Whether a person has or is pre-disposed to mental health conditions (depression, anxiety, PTSD, schizophrenia, or others)
- A person's current mood, expectations and atmosphere