

Connecticut Cannabis Consumer Guide

Your Essential Guide to Safe and Legal Cannabis Use

1. Possession and Use Regulations:

- Minimum legal age for Adult-Use purchase is 21 and the maximum amount one can legally possess is 1.5 oz. of cannabis.
- For CT certified Medical Patients, the per transaction purchase limit and the monthly purchase allotment is 5 oz.
- Connecticut residents may also store up to 5 oz. in a locked container at home or transport it in a locked glove box or trunk.
- Maximum daily purchase limit is currently 1 ounce with a 14 gram transaction limit.

2. Safe Usage, Storage, and Disposal:

- If symptoms like sleepiness (most common sign in children), dizziness, problems with coordination, agitation, confusion, nausea, vomiting, slurred speech, high heart rate, or seizures from accidental ingestion occur, contact healthcare providers or the Connecticut Poison Control Center at 1-800-222-1222 immediately. In critical situations, call 9-1-1.
- Disposal and Storage: Keep a detailed inventory of cannabis products for safety, store them in original labeled and child-proof containers in a locked area, and away from children. When disposing of cannabis waste, remove from packaging, safely mix cannabis waste with undesirable materials like coffee grounds and dispose of in the regular trash in a tightly sealed container to prevent accidental ingestion.

3. Consumption Methods:

- Cannabis can be consumed in various ways, each with distinct effects. Inhalation methods, such as smoking or vaporizing, offer immediate effects but can vary in intensity. Edibles and tinctures, on the other hand, have a delayed onset but longer-lasting effects.
- It's crucial to understand these differences for responsible and safe usage, especially for new consumers.
- New consumers should always start with a low dose, go slow, and allow ample time between use to avoid over consumption.
 - For inhalable products, users should wait at least 10 -15 minutes between inhalations.
 - For edibles, users should wait 2 or more hours after their initial dose before consuming more cannabis.
- When consuming cannabis by inhalation, it's important to understand the variety of methods and devices used, each with its own safety considerations. Joints are made by grinding cannabis flowers and rolling them in papers. Blunts involve wrapping ground cannabis in a tobacco leaf or emptied cigar shell, and may include cannabis concentrates or flavored wrappers. Pipes, typically made of glass, are used by placing cannabis or concentrates in a bowl and igniting it. Waterpipes, such as bongs and bubblers, cool the smoke through liquid-filled chambers. Vaporizers heat cannabis or concentrates to produce vapor without combustion, ranging from portable pen-like devices to larger tabletop models. Dabbing involves applying a concentrate to a heated nail in a dab rig, producing intense effects. This method, especially, should be approached with caution due to its potency and the risks associated with using high temperatures.

4. Recognizing Substance Abuse:

- Be vigilant for signs of substance abuse, such as behavior changes, mood swings, increased irritability, neglect of responsibilities, unusual secrecy or deceptive behavior or physical symptoms like altered appetite, change in sleeping patterns, either excessive sleep or insomnia. If these signs are observed, it's crucial to seek professional help promptly. Addressing substance abuse early can lead to more effective treatment outcomes.

5. Substance Abuse Programs:

- For those seeking help, numerous programs are available. Local health services, online resources like SAMHSA, and support groups such as Narcotics Anonymous offer confidential and non-judgmental support.
- If you, or someone you know, need help to stop using substances – call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or text your zip code to 435748 (HELP4U), or use the SAMHSA's Behavioral Health Treatment Services Locator to get help.
- If you or someone you know needs support with a cannabis problem, or another drug problem, you can also visit beintheknowct.org for more information or call their hotline: 1-800-563-4086
- These programs are designed to provide a safe space for individuals to discuss their struggles and find the help they need.