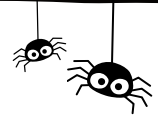




THE FAMILY ZONE

FALL 2023



EDIBLE AWARENESS

With Halloween right around the corner, there will most likely be lots of goodies in our homes. With all this delicious candy around our homes and the homes of friends and neighbors, it is important for parents to understand the importance of safe storage of adult items that could be dangerous to our children. This includes marijuana edibles.

Accidental exposure to marijuana edibles in young children has resulted in increased pediatric ER visits. Accidents with exposure tend to arise when products are removed from packaging or are stored in a location that is accessible to children. Marijuana edibles that are kept in the home should be safely stored out of reach of children in a manner like medication and alcohol. There are three main reasons that edibles containing THC are in danger of causing accidental overdoses for children.

DID YOU KNOW?

Marijuana edibles often resemble regular candies and food in appearance and taste.

These may look like gummy bears, gummy worms, mint candies, chocolates, baked goods, chips or even beverages. Some packages attract children because they resemble packaging of popular candies and snacks.

The psychotropic effects of THC are delayed for 30–90 minutes after ingesting edibles, the maximum peak effect is reached in 2–3 hours, and the effects last on average from 4–12 hours.

Because the effect is not immediate, the quantity consumed may be excessive and dangerous.



SAFE STORAGE

Parents and caregivers who use marijuana products that can be eaten should make sure children can't get access to them.

Store edibles out of children's reach or in locked locations, in child-resistant packaging or containers.

Marijuana edibles should be put back into the child-resistant packaging and in an out-of-reach location immediately after using them. Additionally, ask anyone whose home your child spends time in if they use marijuana edibles.

If they do, make sure they store edibles safely and do not use them in front of your child or while watching them.



HOW DO EDIBLES EFFECT YOUR HEALTH?

Children and teenagers should avoid using cannabis completely due to concerns about the effects it can have on brain development. Regular cannabis use can impar memory and concentration and may interfere with learning as well. Cannabis use is also associated with lower odds of completing high school or getting a college degree.



In addition to these health concerns, regular use of cannabis is also linked to psychological problems and poor lung health. There is a higher chance of substance use disorder in adulthood when children and adolescents use cannabis. Even just one use of cannabis can alter motor control, coordination, and judgement. With that, unintentional deaths and injuries can happen.

EDIBLES IMPACT YOUR PETS, TOO!

If you suspect that your animal has accidentally ate an edible, it is important to contact your veterinarian right away! If the symptoms are severe, take your pet to the nearest urgent veterinary clinic.

A few signs that your pet has THC poisoning:

- Wobbly gait (walking funny).
- Disorientation.
- Anxiety and/or shaking
- unusually sleepy or hyperactive.
- Drooling or vomiting.
- Seizures or loss of conscience.

At the visit, provide as much information as possible about what your pet ate and how much. Bring the packaging with you if you can locate it, as it may contain other toxic ingredients like chocolate!

POISION CONTROL

Talk to the adults in homes that your child may visit and be sure that adult medications are safely stored out of reach of children.

If you do suspect accidental ingestion of marijuana edibles, please call the Arnot Health Poison Control Hotline at 1-800-222-1222 and visit the ER if a child is exhibiting severe symptoms.



Hope begins here.

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