

CDP.GOV/MARIJUANA/
HEALTH-EFFECTS/INDEX.HTML
NIDA.NIH.GOV/PUBLICATIONS/
DRUGFACTS/CANNABIS-
MARIJUANA

LEARN MORE

SUICIDE AND CRISIS LIFELINE
CALL OR TEXT "HELP" TO 988

CALL 211 OR VISIT 211.ORG
COMMUNITY RESOURCES:

NEVER USE ALONE HOTLINE:
(877) 696-1996

RESOURCES

THIS ZINE WAS PRODUCED BY
CENTRAL COAST OVERDOSE
PREVENTION



CCODP.ORG

USING CANNABIS SAFELY

IF YOU'RE GOING TO USE
CANNABIS, HERE ARE OUR TIPS
TO DO SO SAFELY:

- STICK TO LOWER CONCENTRATIONS
OF THC
- START LOW AND GO SLOW
- NEVER USE ALONE
- STAY HYDRATED AND EAT
SOMETHING BEFORE USING
- SPACE OUT YOUR USAGE TO
MINIMIZE DEPENDENCY RISK

FINALLY, IF YOU BUY YOU DON'T
GET YOUR CANNABIS DIRECTLY
FROM A DISPENSARY, TEST IT
FIRST! FENTANYL HAS BEEN
FOUND IN STREET CANNABIS.

**WEEDING
THROUGH
CANNABIS
MYTHS**



A CCODP HARM REDUCTION ZINE

**MYTH #3: YOU CAN'T
OVERDOSE ON CANNABIS**

TRUTH: NOT ONLY CAN YOU,
THERE'S EVEN A TERM FOR IT:
GREENING OUT.
SYMPTOMS INCLUDE:

- DIZZINESS
- ANXIETY
- CONFUSION
- INCREASED HEART RATE
- NAUSEA AND VOMITING

THE GOOD NEWS IS A
HEART (with a pulse icon)
CANNABIS OVERDOSE IS NOT
FATAL. HOWEVER, IT IS
UNPLEASANT AND CANNOT BE
REVERSED WITH NARCAN.



**MYTH #2: YOU CAN'T GET
ADDICTED TO CANNABIS**

TRUTH: YOU VERY MUCH CAN!
HEAVY AND/OR REGULAR
CANNABIS USE CAN CAUSE
DEPENDENCE AND STOPPING
USE CAN CAUSE WITHDRAWAL
SYMPTOMS LIKE:

- ANXIETY
- IRRITABILITY
- SLEEP TROUBLES
- DEPRESSED MOOD
- GOLD-LIKE SYMPTOMS
(HEADACHE, ABDOMINAL PAIN,
CHILLS)



AS CANNABIS BECOMES LEGAL IN
MORE STATES, THE DEBATE ON
ITS SAFETY HAS BECOME MORE
CONFUSING THAN EVER.

**IS CANNABIS SAFE
OR NOT?**

WE WANT YOU TO BE ABLE
TO MAKE INFORMED
DECISIONS, SO LET'S DISPEL
SOME COMMON CANNABIS
MYTHS

**MYTH #1: CANNABIS
ISN'T AS STRONG AS
OTHER DRUGS**

TRUTH: WHILE IT'S TRUE THAT
CANNABIS HAS BEEN AROUND
FOR CENTURIES, TODAY'S
VERSION IS VERY DIFFERENT.

TRADITIONAL CANNABIS
CONTAINED ABOUT 1% THC*.
MODERN CANNABIS CAN CONTAIN
UP TO 20% AND VAPES/DABS CAN
BE OVER 90% THC!

THESE HIGH LEVELS OF THC CAN
INCREASE YOUR RISK OF
DEVELOPING PSYCHOSIS, ANXIETY
AND DEPRESSION.

*THC: TETRAHYDROCANNABINOL, THE
CHEMICAL IN CANNABIS THAT GETS YOU HIGH.