



*Hey Maryland*

**DID YOU KNOW?**



BE INFORMED. BE RESPONSIBLE. BE SAFE.

# Guide to Responsible Cannabis Consumption for Adults 21+



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### Purpose & Use

This guide was developed by the Maryland Cannabis Administration to provide important information on the new adult-use cannabis laws and tips for informed, responsible, and safe consumption.

The guide can be downloaded and printed for use by local jurisdictions and health departments, community partners, and other stakeholders. Additional educational materials are available on the Administration's website, [cannabis.maryland.gov](https://cannabis.maryland.gov)

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\* This guide is intended for adults 21+. \*

## Where can I buy cannabis?

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Adults 21 and older can purchase cannabis from licensed dispensaries. Licensed dispensaries have strict rules that ensure that products are manufactured, processed, tested, and labeled accurately. To find licensed dispensaries visit, **Industry Licensees & Registrants** at [cannabis.maryland.gov](https://cannabis.maryland.gov).



## Where can I use cannabis?



You can use cannabis in private homes and private property, but smoking cannabis in public is prohibited. This includes parks, streets and sidewalks, bars and restaurants, moving cars, and public transportation (e.g., buses, vans, trains, taxis, limousines).

Property owners can ban the use of cannabis on privately-owned property. If you rent, read your rental agreement to see if there are restrictions.

Most hotels do not allow guests to smoke cannabis in their hotel room. Ask the reception desk about the hotel's policy. If you stay in a vacation rental, check with the property owner about the rules for your stay.



## How much cannabis can I possess?

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You can purchase and possess up to 1.5 ounces of cannabis flower, 12 grams of concentrated cannabis, or a total amount of cannabis products that does not exceed 750 mg THC. This amount is known as the "personal use amount."

You can gift cannabis to adults 21 and older if the amount gifted falls within the personal use amount and no money, goods, or services are associated with the transfer.

## Can I grow cannabis at home?

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You can grow two indoor plants per household, out of view. Importantly, landlords and property owners can prohibit growing cannabis on their properties.

## Is it safe to drive after consuming cannabis?

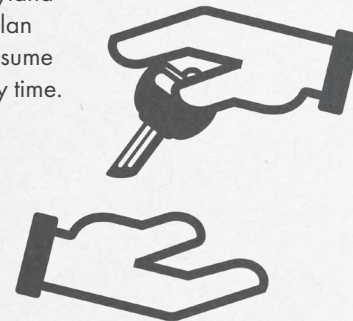
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Cannabis use impairs your ability to drive safely. It can result in slower reaction time, coordination, and concentration. If you are impaired while driving, even as a certified patient with a medical card, a law enforcement officer can pull you over and conduct a sobriety test. You can receive a DUI citation.

If you are transporting cannabis in your car or vehicle, it should be in the trunk or in a sealed package. You can't consume cannabis in moving cars -- this includes smoking, vaping and consumption of edibles.

Let's keep Maryland safe. Make a plan before you consume cannabis, every time.



## Can I travel with cannabis?

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Cannabis remains illegal under federal law. You can't use or possess cannabis on federal land (including federal buildings, national parks, military bases, etc.). You can't transport cannabis across state lines, even if it's between states where **adult-use** cannabis is legal. It is not legal to send cannabis through the U.S. mail.

## What about cannabis in the workplace?

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Check with your employer about their policies. The new law does not prevent employers from drug testing employees. Marylanders who are federal employees should follow federal employment policies related to cannabis possession and use.

## How should I dispose of unused cannabis?

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Proper cannabis disposal helps prevent accidental exposures, particularly by curious children or pets. To dispose of unused cannabis, crush or chop up remaining cannabis, put it in an empty container and mix with something unappealing (coffee grounds, soil, kitty litter), cover, seal and dispose of it in the trash.





## What are dosage guidelines for beginners?\*



### Flower

Dose: 1 inhalation  
Onset: 1-10 minutes  
Duration: 1-6 hours



### Vapes

Dose: 1 inhalation  
Onset: 1-10 minutes  
Duration: 1-6 hours



### Edibles

Dose: 2.5 mg THC  
Onset: 1-2 hours  
Duration: 4-24 hours



### Liquids/Beverages

Dose: 2.5 mg THC  
Onset: 1-2 hours  
Duration: 4-24 hours

\*Suggested to avoid overconsumption. Formal guidelines have not been established.

## What do I need to know about edibles?



Always check the amount of THC on the label – edibles can look identical but have different strengths!

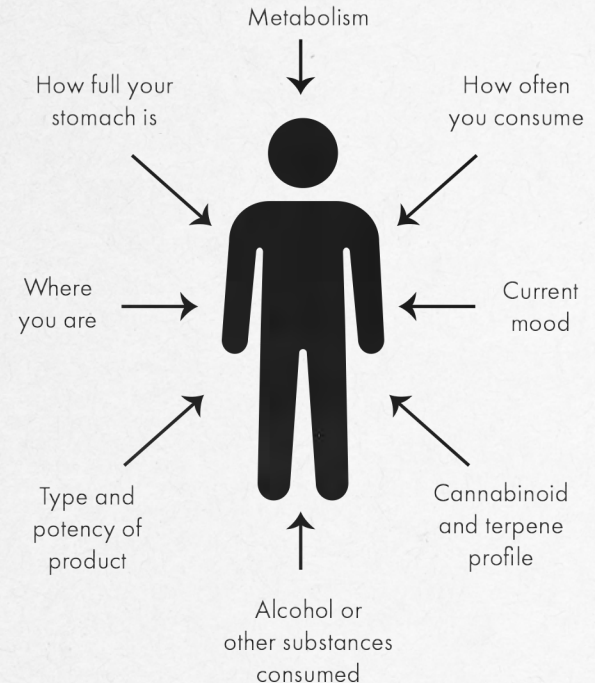


You may need to cut an edible in half or quarters to consumer the dose you want.

Effects from edibles are often delayed and last longer than smoking or vaping cannabis.

## What affects my cannabis experience?

It's not just how much THC you take that determines how high you feel. The following can affect each experience:



## What are tips for a safer cannabis experience?

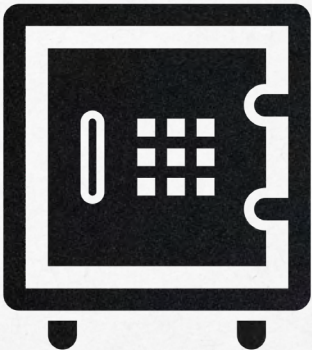
### DO

- ✓ Purchase regulated and tested cannabis from a licensed dispensary
- ✓ Start with a low dose (1-2 puffs or 2.5 mg THC) and wait a few hours before consuming more
- ✓ Ask your healthcare provider if you have medical concerns

### DON'T

- ✗ Mix cannabis with alcohol, tobacco, or other intoxicants or stimulants
- ✗ Drive after consuming cannabis
- ✗ Smoke in public spaces

## How should I store cannabis? Keep out of reach children, young adults, and pets!



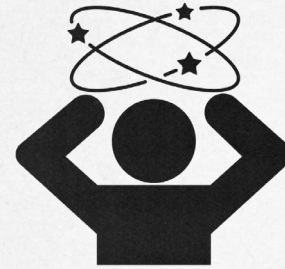
Keep all cannabis products locked up, out of reach, and out of sight

Use a safe or lockbox (these may be available to purchase at dispensaries)

Keep cannabis in its original, child-resistant packaging that displays the THC warning symbol



## What if I overconsume cannabis?



- **Hydrate.** Drink plenty of water
- **Stay Calm and Rest.** Nap or sleep in a safe place and wait for effects to subside
- **Take Deep Breaths.** Regulating your breath helps calm the nervous system when experiencing overconsumption
- **Do Something that Comforts You.** Listen to music, watch a show, or call a friend
- **Get Help.** For a medical emergency, call the Maryland Poison Center (800-222-1222) or 911

## What if I need help?



- Maryland Poison Center, 800-222-1222
- Pet Poison Hotline, 855-764-7661 (fee applies)
- Mental health support, call or text 988
- Serious reaction, call 911



[cannabis.maryland.gov](https://cannabis.maryland.gov)



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