

# All About Edibles

## What are edibles?

Edibles are food that contain THC, which is the part of marijuana that makes you feel high. The difference is that edibles are eaten instead of smoked.

Edibles work more slowly than smoking and can take between 30 minutes to 2 hours to start feeling high. Since they look and taste like candy or snacks, they are fun to eat. This makes it easy to get higher than you want by accident. If you take an edible, do not take another one for at least 2 hours.

## What do edibles look like?

A lot of edibles look like plain candy and have packaging that looks the same. It's easy to take them by accident, especially if someone shares their "candy" with you.



## What happens if I take edibles?

Taking edibles can have a similar high to smoking weed (marijuana). Taking too much THC at once or too often can make you sick. It can cause:

- slow breathing
- vomiting (throwing up)
- hallucinations (seeing or hearing things that aren't really there)
- paranoia (feeling like people are watching you or are out to get you)
- anxiety
- depression
- memory problems
- doing things you might not do when you are not high

If you or someone you're with has eaten an edible and is sick, passed out, or acting strange, call 911. Sometimes street drugs, even edibles, have extra dangerous chemicals that can make you very sick or even kill you. It's important to get help if this happens. The hospital will help the person and will not call the police.



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