



CANNABIS

GETTING STARTED

Cannabis is a plant which includes both **hemp** (less than 0.3% THC) and **marijuana** (greater than 0.3% THC).

These plants are used recreationally, industrially, and medicinally and contain different



cannabinoids and **terpenes**.

Cannabinoids

are chemical compounds that interact with your brain and body. The most commonly discussed are **THC** and **CBD**.



Terpenes are found in almost all plants. Cannabis alone has over 100 currently documented, each with different medicinal effects, flavors, and scents. **Linalool**, for example, is found in **lavender** as well as cannabis, and is said to give a relaxing effect.

What are the potential **risks** and **benefits**?

- Damage from inhaling smoke and vapor
- Drug interactions
- Dependency, withdrawal
- Legal or work repercussions
- Birth abnormalities
- Less severe side effects and dependency than frequently-prescribed traditional medication
- Potential treatment for a variety of mental and physical illnesses



How can I **minimize risks**?

- Educate yourself: legality, worker protections, substance uses and types, signs of dependency
- Talk to medical cannabis and primary care doctors to discuss your specific health needs and treatments
- Ingest cannabis in ways other than smoking: gummies, oils, capsules, etc.

