



What should you do if you suspect someone has used synthetic marijuana?

Call your local poison center at 1-800-222-1222; they can help you decide whether someone can be treated at home or whether they need to go to the hospital. They are open 24/7.

Call 9-1-1 immediately if someone:

- Stops breathing
- Collapses
- Has a seizure

AVAILABLE RESOURCES

**Marijuana Anonymous World Services:
1-800-766-6779**

Poison Control Center: 1-800-222-1222

**Centers for Disease Control and Prevention:
1-800-232-4636**

**Colorado Alliance for Drug Endangered
Children: www.coloradodec.org**

Health ONE Injury Prevention
HealthONECares.com
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How safe is Recreational Marijuana?



Injury Prevention

- HealthONECares.com
- The Medical Center of Aurora
- Centennial Medical Plaza
- North Suburban Medical Center
- North Suburban Northeast ER
- Presbyterian/St. Luke's Medical Center & Rocky Mountain Hospital for Children
- Rose Medical Center
- Saddle Rock ER
- Sky Ridge Medical Center
- Swedish Medical Center
- Swedish Southwest ER



How Marijuana Effects the Body and Mind

Whether rolled into a joint or mixed into brownie batter, marijuana profoundly changes behavior and awareness. Some of the effects found in people who use marijuana include:

- Euphoria
- Rapid respirations
- Dry mouth
- Increased appetite(munchies)

Some of dangers associated with marijuana usage include:

- Loss of coordination and concentration
- Paranoia and hallucinations
- Anxiety and panic attacks
- Damage to the respiratory, immune and reproductive systems
- It can cause alterations in color discrimination, visual acuity and sensitivity to light
- Rapid heart rate (20 to 50 beats per minute increase, in some cases the heart rate has doubled)
- Increased blood pressure

Marijuana and Driving is a Very Dangerous Combination

Drivers who are under the influence can experience:

- Affected coordination
- Difficulty driving a steady speed and judging distances
- Longer reaction time and slower reflexes
- Difficulty staying attentive to the road and less aware of your surroundings

Do not chance driving under the influence; have a designated driver who has not been exposed to marijuana, including second hand smoke or just call for a taxi. Colorado Department of Transportation warns "Drive High, Get A DUI".

Marijuana Dangers for Teens and Children

Teenagers who use marijuana several times a week for extended periods of time can experience cognitive impairments with learning difficulties, aggression, impulsive behavior and behavioral disorders. Chronic daily use in teenagers and adults has been associated with poor memory, difficulties with concentration and thinking clearly. Marijuana is being infused in all kinds of foods including brownies, cookies, candy bars, peanut butter cups, granola bars and gummy bears.

Marijuana and marijuana edibles should be kept in a locked box away from children. Place the edibles in packaging that doesn't allow the children to see what it looks like so they are not tempted to eat them and keep them out of reach. Be sure your child knows not to eat anything without asking an adult first.

Symptoms of marijuana ingestion in children include decreased consciousness, sleepiness, imbalance and breathing trouble. Prenatal exposure to marijuana including second hand smoke can lead to increase risk of stillbirth and developmental delays.

Many people believe marijuana is not addictive. The truth is, some heavy users of marijuana develop withdrawal symptoms when they have not used for a period of time. Marijuana has been shown to be three times more likely to lead to dependence among adolescents than adults. Studies have shown that the earlier kids start using marijuana, the more likely they are to become dependent on it or other illicit drugs later in life.

Synthetic Marijuana

Synthetic marijuana is a designer drug in which herbs, incense or other leafy materials are sprayed with chemicals to mimic the effect of THC. People often believe synthetic marijuana is safe and non-toxic. These chemicals are not tested for safety and the ingredients listed on the package may not be the actual ingredients used to make the product. People who use K2, Spice, 420 or Chronic among other hundreds of other names for synthetic marijuana, are not aware of what exactly they are putting in their bodies. According to the Poison Control Center side effects of synthetic marijuana are similar to actual marijuana but can also include dangerous health effects such as:

- Muscle spasm, seizures and tremors
- Intense hallucinations and psychotic episodes
- Nausea and vomiting
- Kidney damage
- Suicidal thoughts or actions
- Depression

