

MARIJUANA IS NOW LEGAL IN OREGON.

However, using marijuana when you are pregnant or breastfeeding may harm your child.

**KEEP MARIJUANA
TOTALLY OFF LIMITS
TO CHILDREN.**

Make sure no one uses marijuana when taking care of your children.

FOR MORE INFORMATION ON MARIJUANA AND YOUR CHILD:

- Go to Oregon laws: <http://whatslegaloregon.com>.
- Call 211 to connect to health and social services.
- To learn how to talk to your kids about marijuana, visit the Health and Safety page at <http://healthoregon.org/marijuana>.



The marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the OHA Office of the State Public Health Director at 971-673-1222 (phone and TTY-TDD), 971-673-1299 (fax) or health.webmaster@state.or.us.

OHA 8966 (01/2016)

CHILDREN AND MARIJUANA DON'T MIX.

You can keep your child safe and healthy by not using marijuana while you are pregnant or breastfeeding.

If your child eats or drinks products containing marijuana, call the Poison Center Hotline as soon as possible:

1-800-222-1222.

Oregon
Health
Authority

AVOID MARIJUANA BEFORE AND AFTER YOUR BABY IS BORN

- Using marijuana at any time or in any form during pregnancy or breastfeeding may harm your baby.
- The THC in marijuana can pass into your baby when you are pregnant or breastfeeding. Even though breastfeeding has many health benefits, using marijuana while breastfeeding may harm your baby because the THC stays in your body a long time.

HELP AND OPTIONS

- Talk to your doctor if you are thinking about becoming pregnant, are pregnant or breastfeeding and need help to stop using marijuana.
- If you are using marijuana as a medicine, ask your doctor about choices that do not risk harming your baby.

KEEP MARIJUANA OUT OF THEIR REACH

Marijuana can make children very sick. THC is the substance in marijuana that makes people feel “high.” As in adults, THC may alter perception and decrease coordination and reaction time. THC may cause some people to have acute distress or anxiety, hallucinations and paranoia. Marijuana use may also relate to short-term memory loss and ability to learn.

Follow these precautions:

- Store all marijuana products in a locked area that your children cannot see or reach.
- If your child ingests marijuana by accident (eating a marijuana cookie, brownie, candy):
 - » Call the free poison control hotline as soon as possible for fast help. Call 1-800-222-1222.
 - » If symptoms seem bad, call 911 or go to an emergency room right away.
- Being high or buzzed while caring for a child is not safe. Do not let anyone who is high take care of your child.
- It is not safe to sleep with your baby while you are high. Some marijuana may make people very sleepy. This could make you less attentive to your child’s needs, or it could lead to injuries caused by rolling over onto or accidentally pushing your child off the bed.
- Do not drive a car while high or let your child ride in a car if the driver is high.
- Second-hand smoke from smoking or vaping tobacco or marijuana is not safe. Do not allow anyone to smoke or vape in your home or around your children.