

Prevent Unintentional THC Poisonings in Children

Cannabis products that contain THC can now be sold in Minnesota to adults aged 21 and older. Unless prescribed by a doctor, THC should never be consumed by children, due to its intoxicating effects. It is important to store cannabis products safely and know how to respond in an emergency.

How to prevent THC poisonings in children

Many edible and drinkable cannabis products look like candy, juice, or other treats. Children are especially vulnerable to eating or drinking them accidentally.

- Treat cannabis products like you would medications. Store them safely out of reach, in a locked cabinet, medicine box, or safe. Keep products in the child-resistant packaging from the retailer.
- Talk to family, friends, and caregivers. Ask anyone whose home your children visit to store cannabis products and other drugs safely.
- Follow these safety tips even without children in the home. Protect curious visitors and pets by keeping cannabis products locked up and out of sight.

Signs of THC poisoning in children

Anyone can experience a THC overdose, but children are more susceptible due to their size and weight. If a child eats or drinks cannabis products, they may experience the following symptoms:

- Changes in behavior, including sleepiness, intense happiness, irritability, anxiety, panic, and/or paranoia
- Rapid heart rate
- Nausea/vomiting
- Slurred speech
- Dizziness, difficulty walking, poor coordination, and abnormally increased and sometimes uncontrollable movement
- Lethargy (having little energy, not wanting to do anything)
- Seizures, coma

If a child consumes THC that is not medically certified for them, immediately call a medical professional or the free Poison Control Center hotline at 1-800-222-1222.

Cannabis products can take from 30 minutes to two hours to take effect, so even if a child seems fine after ingesting THC, they may still need medical treatment. It is important not to wait. The Poison Control Center can help you decide your next steps to care for your child.

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01/10/2024

To obtain this information in a different format, call: 651-201-5400.