If You Choose to Use Cannabis:

- Keep laws and public health guidelines in mind
  - Cannabis is legal to use in New Mexico if you are 21 and older or, if you are under 21 and have an active and valid medical card.
  - It is illegal to use cannabis in an unlicensed public space.
  - Individuals over the age of 21 are able to grow six plants and six seedlings and no more than 12 plants and 12 seedlings per household.
  - Do not drive or use heavy machinery while using cannabis.
- Only purchase from a licensed cannabis dispensary.
- If you feel ill or have negative effects after using cannabis, seek help.
- Avoid “puff and pass” rotations and do not share joints, bongs, pipes, vaporizers or other personal items with others. Keep these items clean for your own personal use.
- Avoid blowing smoke or vapor into an enclosed or poorly ventilated area. Never blow smoke or vapor directly at another person or at pets.

Cannabis and its active components (such as THC and CBD, among other cannabinoids) exist in many forms and strengths and can affect people in different ways.

Cannabis can be smoked in cigarettes (joints), pipes or water pipes (bongs), or vaporized (vaped). Cannabis can be consumed in food or drink products called edibles. It also can be used through tinctures, creams, oils, waxes, suppositories, or inhalers.

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- Use with intention
  - Taking time to reflect on your relationship with cannabis and the reasons you may choose to use can help you have more of the experiences you want to have (and avoid those you don't).

- Avoid mixing cannabis with alcohol and other substances
  - Using one substance at a time is more likely to result in the experiences you want to have. Mixing two or more substances can make it challenging to predict what is going to happen or how you will be affected.

- Wait before engaging in activities that may put you at a higher risk
  - It has been suggested to wait at least 3-6 hours after vaping or smoking and 6-8 hours after consuming edibles before engaging in higher risk activities like driving, skiing or swimming. These times may vary depending on your tolerance and use.

- Reduce your frequency
  - Like other substances, frequent use of cannabis can increase your tolerance, which means it may take more to achieve the same effect.

- Start low and go slow
  - If you've never used cannabis before, start low and go slow until you know how it will affect you. This is especially important when experimenting with edibles and concentrates.

- Know the serving size, especially for edible cannabis products
  - Double check the serving size for edible cannabis products. A standard serving size contains no more than 10 mg of THC. However, your own tolerance may affect how serving sizes impact you. If it's your first time using edible products, start with a smaller amount (2.5-5 mg).

- Store cannabis products safely
  - Keep cannabis products in their original packaging so they are easily identifiable. Be sure to store them in a safe area that cannot be accessed by pets or young children.

- Use with people you trust
  - Using cannabis with people you know, trust and feel comfortable with is more likely to result in a positive experience. And if help is needed, there is someone else present to get help.