

COV LUS TSEEB TXOG XAS (CANNABIS) THIAB COV HLUAS RAU NIAM THIAB TXIV THIAB COV TAU TXOJCAI SAIB XYUAS

COV NTSIAB LUS NTAWM NTAWM COV XAS (CANNABIS) YOG DABTSI?

Cov xas (cannabis) yog ib yam nroj. Nws yeej muaj thoob lub ntiaj teb thiab muaj cov neeg thiab cov koom cog tom teb thiab cog hauv tsev.

- ▶ Marijuana yog ib yam zaub ntawm cannabis uas neeg paub coob tias muaj cov THC ua siab heev.
- ▶ THC is ib yam kua uas muaj nyob rau hauv tsoob xas (cannabis). Qhov kuab no yog thaum siv lawm ua rau tus neeg” feeb tsis meej.”

NTAU YAM THC:

Delta-8*, Delta-9 thiab Delta-10 yog cov THC thiab yeej muaj peevxwm ua rau tus neeg tsis meejpem thiab lom tau tus neeg. Delta-9 yog cov muajceem tshaj.

*Mus saib FDA cov lus ceebtoom ntawm www.fda.gov nrhiav los Delta-8

- ▶ **CBD** yog ib co kuab ua muaj nyob rau hauv tsoob xas (cannabis). CBD tsis ua rau tus neeg siv feeb tsis meej tabsi yeej tseem cuam tshuam rau tu neeg lub cev.
- ▶ **Cov Npe siv yog:** weed, pot, grass. Kawm kom paub cov lus ntxiv thiab cov tshuab los ntawm CDC.
- ▶ **Hemp** kuj yog ib qho ntawm tsoob xas (cannabis) uas cov THC qes thiab tsis siab npaum cov marijuana.

THC CUAM TSHUAM LI CAS RAU TIB NEEG:



Qhov cuam tshuam ntawv kuj txawv ib yam khoom rau ib yam khoom thiab ib tug neeg rau ib tug neeg:

- ▶ Lub cev muag ntaug lossis “feeb tsis meej”
- ▶ Hais lus tsis meej, plawv dhia ceev ceev
- ▶ Tes taw qeeb, xav tsis thoob
- ▶ Tsis paub tom ntej tom qab, ceesob, tuav nplig rawv, pom ub pom no

RAUG KEV PUAS ZOO LI CAS RAU COV HLUAS YOG SIV NTEV MUS:

- ▶ Phomsij rau tus hluas lub hlwb txojkev loj hlob
- ▶ Kawm ntawv tsis tau zoo
- ▶ Muaj xwmtxheej ntau zuzus thiab raug mob
- ▶ Kev puas hlwb heev zuz zu tuaj
- ▶ Muaj muaj mob
- ▶ Muaj kev quav

YUAV SIV XAS (CANNABIS) LI CAS?

Feem ntau yog muab xas (cannabis) los haus li luam yeeb, qus vape lossis muab los noj. Thaum qus vaped lawm, feem ntau yog cov twb tov nyeem nyeem lawm.

COV NOJ TAU THIABCOV HLUAS

Cov noj tau yog cov zaub mov thiab cov dej haus uas siv cov THC ntawm cov xas (cannabis) los tov rau lawm. Qhov kuab THC yog kuab los ntawm tsoob xas (cannabis) los lossis muaj cov CBD los ua. Cov THC uas noj tau ntawm muajfeem ua rau tus neeg puas tau yog cov kuab THC ntawm ntau txaus los lom tus neeg.

Cov noj tau yog tsim tov xyaw ntau yam xws li:

- ▶ Khobnoom yas qabzib
- ▶ Dej Qabzib thiab kuas txiv hmab
- ▶ Chocolate
- ▶ Khobnoom ci thiab lwm yam khoom qab

KEV NOJ:

Muaj tej yam YUAV TSHWMSIM:



When noj cov uas noj tau, lossis muab los ua luam yeej haus, txhua tus tsis yog hnob zoo ib yam.



SIV TXOG

2 xojmoo mam hnob cov xa ua haujlwm

Thiab
KAV TXOG
10 xojmoo



XAS (CANNABIS) YOG IB CO UAS QUAV TAU:

Tau li neeg nkaum peb caug xyoo los no, cov THC hauv cov khoom muaj xas (cannabis) mab mam ntau zuz zus.

Kev tshawb fawb qhia hais tias:

- ▶ 1 leej ntawm 6 leej neeg uas tau pib siv tshuaj yeeb ua ntej muaj 18 xyoo muaj qhov quav tau.
- ▶ 1 leej ntawm 10 leej neeg laus uas siv tshuaj yeej muaj qhov quav tau thiab

LUB ZOG NTAWM THC RAU

3x

HNUB NO PIV
RAU 25 XYOO
DHAU LOS



1998



2023

CWJPWM THAUM SIV

Tus cwjpwpm thaum siv xas (cannabis) lawm kuj nyuaj ntes tau, tabsi muaj tus ntxhiab tsw txawv txawv, qhov muag liab liab, lossis cwjpwpm cia li hloov/kev hloov cwjpwpm feem ntau pom muaj. Cov saib xyaus yuav pom tias cov hluas pib zais siab, muaj duab/yeeb yaj kiab hauv lub xovtooj lossis nrhiav pom cov khoom siv li lub raj haus xas lossis lub vape. Ntev mus yuav pom tias nws cov grade poob zuzus, hloov cov phoojywg, hloov kev uasi, lossis lub siab hloov thiab.



TXAWM TSAWG NPAUM CAS
LOS YEEJ TSIIS NYABXEEB RAU
LUB HLWB HLUAS UAS TSEEM
TABTOM LOJ HLOB.



QHOV TUS SAIB XYUAS YUAV UA TAU LI CAS:

- ▶ Yuav tsum paub txog, saib ntsoov rau kev qhia koj
- ▶ Txhawb zog kom sawvdaws noj mov uake, ua ub ua no rau tej koj nyiam lossis ntau kisas
- ▶ Ua tus thawj zoo. Txhob siv rau cov hluas pom
- ▶ Tham txog thaum ntxov thiab nquag sib tham; qhia kom mee txog koj kev tsis txaus siab rau lawv siv
- ▶ Muab khaws cia lossis muab cov xas xaus khaws cia thiab kom cov mneyuam lossis txiaj nyeg hauv tsev txhob ncav cuag,
- ▶ Tsav tsheb rau lub sijhawm siv xas txhaum cai. Lwm yam kev ua ub ua no yuav tsis nyab xeeb thiab xws li caij nkoj, caij nees zab, snowboarding lossis siv cov tshuab loj.

NTAUB NTAWV QHIA NTXIV:

Xawb los “cannabis” hauv cov website no:

- ▶ [samhsa.gov](https://www.samhsa.gov)
- ▶ [mayoclinic.org](https://www.mayoclinic.org)
- ▶ [nida.nih.gov](https://www.nida.nih.gov)
- ▶ [MDH Cannabis and your health](#)
- ▶ [MN Office of Cannabis Management](#)

KEV NOJ QAB NYOB ZOO NTAWM TXOJKEV XAV



Txhua tus neeg lub cev siv cov xas no ib tug txawv lawm ib tug. Tus neeg qhov ceeb thawj, qhov lub cev siv, pojniam los txiv neeg, thiab cwjpwpm noj zaub mov muajfeem ua rau lub cev nqus cov tshuaj no sais npaum li cas.

Cannabis ua rau kev noj qab nyob zoo rau txojkev xav heev zuj zus tuaj xwb. Yog nquag siv, cannabis ua rau tus neeg muaj feem nyuaj siab tshaj qhov qub, ua rau muaj mus tom emergency heev tshaj li qub rau txojkev xav, lossis cuam tshuam rau cov tshuaj nyuab siab.

Kev tshawb faws qhia tias cannabis muaj feem ua rau tus neeg puas hlwb ntxiv rau cov uas twb muaj feem rau kev noj qab nyob zoo rau txojkev xav.

CANNABIS, KEV MUAJ MENYUAM THIAB MENYUAM MOS KEV LOJ HLOB

Cov Cannabis muaj kev cuam tshuam rau menyuam mo txojkev loj hlob



Yog siv cannabis rau lub sijhawm muaj menyuam rau hauv pab ua rau tus menyuam hlob tsis zoo, yug ntxov, yug los twb tuag lawm, thiab lub hlwb loj hlob tsis zoo. THC cev tau los ntawm leej niam rau tus menyuam thaum noj niam mis, dua li ntawd kuj ua rau tus menyuam tsis loj hlob zoo. Kev haus luam yeeb cannabis tsis nyabxeeb rau cov menyuam tiv hauv tsheb lossis hauv tsev.

COV NIAM THIAB TXIV YUAV UA TAU LI CAS YOG MUAJ KEV SIV?

- ▶ Npaj thiab tham thaum zoo sijhawm.
- ▶ Siab tus, nug kom tag tag thiaj li muaj kev totaub.
- ▶ Ua twb zoo mloog thiab txaus siab rau kauj ruam ua zoo tshaj thiab qhov kev tshwm uas yuav zoo tshaj.
- ▶ Yuav tau muaj kev sib cuag zoo kom rov muaj kev ntseeg siab rau kev coj thiab kev txhawb txheem. Sib ceg thiab sib thuum tsuas yog rhuav kev sib rau zoo xwb.
- ▶ Yog muaj kev quav lawm, nrhiav kev pab los ntawm tus kws kho mob rau cov menyuam, tus counselor pem tsev kawm ntawv lossis tus social worker. Tamsim no tsis tau muaj tshuaj los pab rau cov neeg quav cannabis, tabsi kev pab txhawb txheem rau lub siab cwjpwpm kuj ua tau.

Saib ntsoov rau kev raug lom lossis noj tshuaj ntau tshaj li qhov qhia kom noj. Cwj pwpm thaum qaug muaj qhov ceeb sob, pom ub pom no, qaug dab peg, lossis hu tsis hnov tsis teb. Yog tus menyuam tau noj THC, hu rau qhov rau tshuaj lom sai li sai tau ntawm 1-800-222-1222 lossis hu 911 thaum noj tshuaj ntau tsis raws li qhia noj.



Cov ntawv qhia no yog tsim ntawm Dakota County thiab muab kho nrog kev tau cai los ntawm cov muaj cai saib xyuas.