Prescriptions for Prevention

Marijuana

Did you know?

Exposure to marijuana in any form (smoking, vaping, eating) can harm children including permanent brain effects.

Action Plan

- Never smoke or vape marijuana near children. The smoke contains many of the same small particles and chemicals as cigarette smoke that can hurt children's growing lungs and brains.
- To learn more about the health effects of marijuana on both adults and children exposed to secondhand smoke, click this link or scan the QR code:
- Children have been poisoned by eating marijuana products that look like food or candy. Make sure these products are stored out of reach and never used around children. If you think your child has swallowed a marijuana product, call the free poison control hotline right away at 1-800-222-1222.
- The signs of marijuana poisoning include:
  - Excessive sleepiness
  - Slurred speech
  - Dizziness
  - Trouble walking
- If your child has symptoms of marijuana poisoning, call 911 or bring them to an emergency department immediately.
- Talk to older children about the health risks of marijuana use, which include problems with learning, memory, mental health, addiction, and damage to the heart, lungs, and fertility.
- Never drive or operate machinery while using marijuana. Counsel teens to not get into a car with someone who has recently used marijuana, as their capacity to drive safely could be dangerously impaired.

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
Children's Hospital of Philadelphia
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Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7 and 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance abuse disorders. Call **1-800-662-HELP (4357)** or scan this QR code:

American Academy of Pediatrics

Visit healthychildren.org and search "Marijuana and parents" for additional information on the topic. Scan the QR code or click here

Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click this link or scan the QR code:

Pennsylvania Quitline

To get help quitting marijuana, call the free Pennsylvania Quitline at **1-800-QUIT-NOW** (784-8669) or click this link or scan the QR for additional resources:

SmokeFree Text Service

Join the SmokeFree text service designed and run by the NIH. To learn more, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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