

# CANNABIS DABBING

## WHAT YOU NEED TO KNOW

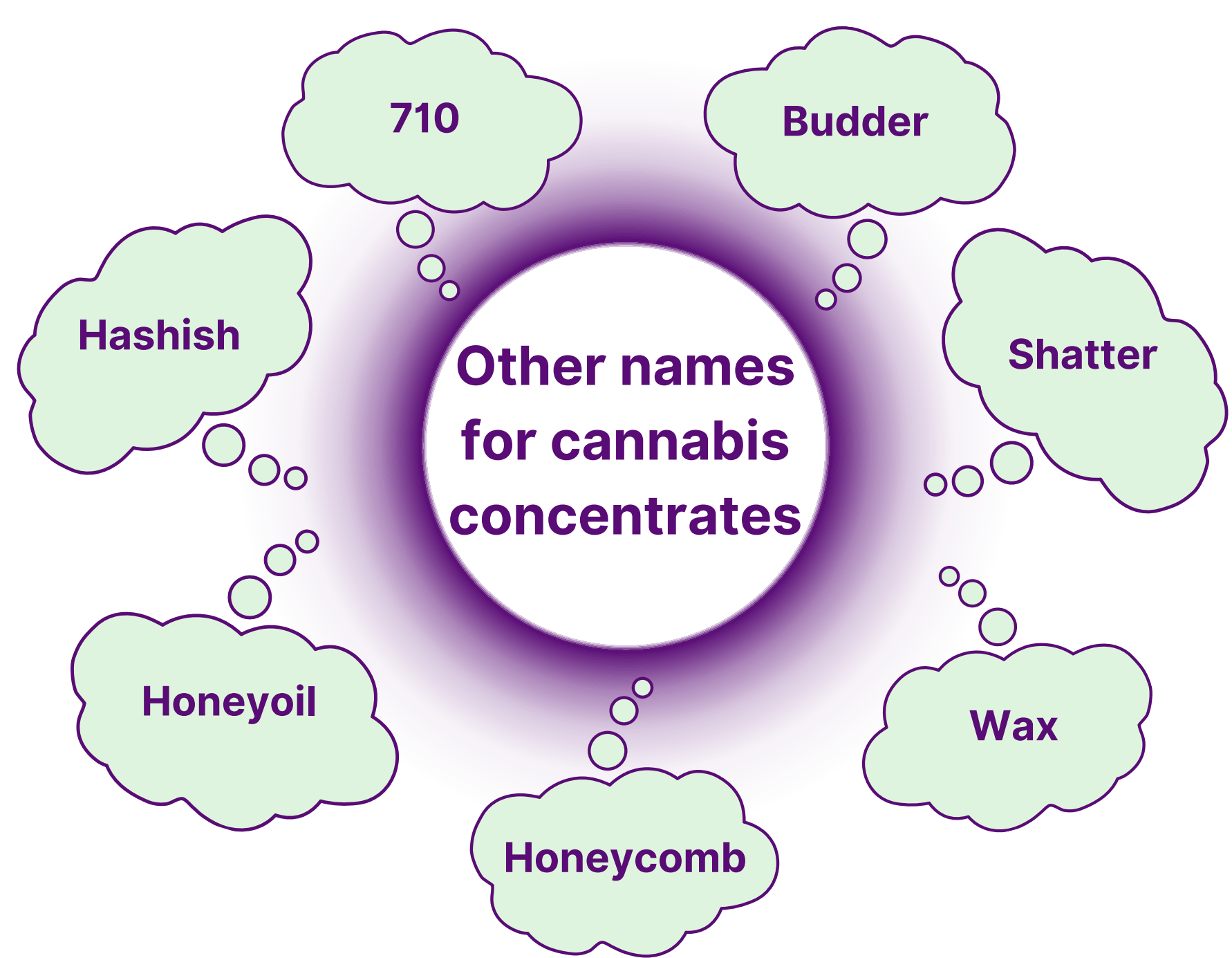
### What is it?

### Cannabis is psychoactive



Inhaling **cannabis concentrates** is commonly known as dabbing. Cannabis concentrates ('dabs') range from oils to waxes and resins. Concentrated butane hash oil (or BHO) is a commonly used dab. They produce a stronger high than dried cannabis and are more dangerous than dried cannabis.

Cannabis can have various effects, ranging from stimulation and hallucinations to drowsiness. For more information on cannabis, see our [general cannabis snapshot](#)



### How is it used?

**Electronic vape pen:** May be disposable or able to be reloaded with concentrates.

**Dabbing rig:** A glass rig similar to a bong. Concentrates are placed in it and heated with a lighter.

Dabbing devices can be purchased legally or made at home.

**THC:** The main psychoactive chemical in cannabis. It causes the 'high'.

**CBD:** The non-intoxicating component that may have some calming effect.



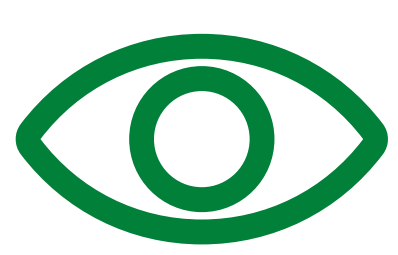
### What are the effects?



The effects of cannabis depend many factors, like mood, food intake, the amount of THC, other drugs, and tolerance.



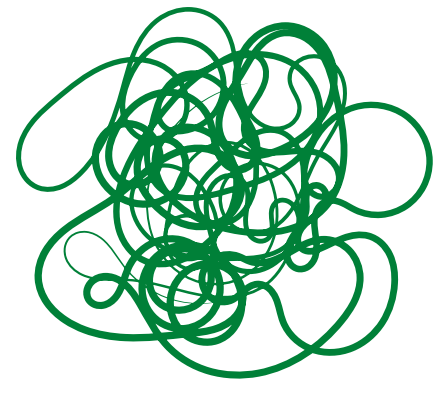
THC may make you more talkative, but can also cause anxiety. Concentrates have a higher risk of causing paranoia compared to inhaled cannabis



THC may causes senses to be felt differently, such as taste, touch, and hearing.



Dab pens and rigs can irritate the mouth, throat, and lungs, potentially causing infections and a lingering cough.



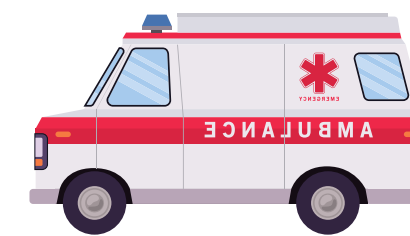
Regular use may lead to dependence and addiction. It may be hard to stop using cannabis, even if you know it's negatively affecting you.



Regular cannabis use may worsen symptoms for individuals with mental health disorders or a family history of such conditions.

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## When do you seek emergency help?



**"Greening out":** A term given to cannabis overdoses or poisonings (taking too much cannabis)

**Signs:** Intense anxiety and panic attacks, hallucinations or feeling an altered sense of reality, intense nausea and vomiting, a high heart rate, and feeling dizzy.

**Get help right away!** Cannabis overdoses or poisonings are rarely fatal but can be very distressing.

### Did you know?

Butane hash oil can have a THC concentration of approximately 80%! This high concentration is extremely dangerous.

Traditional cannabis usually has a THC concentration of about 10-25%.



## Butane Hash Oil

Butane oil is a common solvent used for making butane hash oil (BHO), a popular concentrate for dabbing.

The use of butane oil for homemade use is **illegal!**

Butane poses a risk of **explosion, fire, and burn injuries** when used at home. It can be ignited by a single spark produced from static electricity!

For more information visit us at:

[www.DECYDE.ca](http://www.DECYDE.ca)

## How to stay safer

- 1 **Not using cannabis** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Timing Matters:** Avoid using cannabis before school, work or driving, as it impairs concentration and reaction time.
- 3 **Plan for Safety:** Ensure you have a designated ride and consider carrying condoms if sexual activity may occur.
- 4 **Start Low & Go Slow:** Try a small amount and wait to feel the full effects. Choose products with a lower amount of THC and an equal or higher amount of CBD.
- 5 **Moderate Use:** Use in moderation to prevent brain fog and potential strain on relationships.
- 6 **Be Mindful of Inhalation:** Avoid inhaling deeply or holding your breath, this can harm your lungs.
- 7 **Don't Mix (Cross-Fading)!** Mixing cannabis with tobacco, alcohol, or other substances will increase impairment and the risk of serious health effects.
- 8 **Choose legal!** Get cannabis from a licensed store. Illegal and synthetic cannabis products (e.g., K2, Spice) may contain other substances such as fentanyl that can cause serious health problems such as accidental overdose or poisoning.

[Click here](#) for a list of cannabis retailers in Newfoundland and Labrador.