

If You've Overconsumed:

- Remind yourself that the effects are temporary
- Hydrate and rest
- Take deep breaths
- Call your support system
- Find an activity that offers you comfort

If there is an accidental exposure or an adverse reaction to cannabis – **call 911 if it's a medical emergency** and the **Poison Center (800)-222-1222 for non-urgent matters.**

Scan here to report
concerns about a
cannabis product,
business, or to share an
adverse health reaction



Office of Cannabis
Management



cannabis.ny.gov/medical