

# THERAPEUTIC CANNABIS IN NEW HAMPSHIRE

## LAWS AND RESPONSIBLE USE

### Therapeutic Cannabis is Legal in New Hampshire

#### NEW HAMPSHIRE LAWS

##### FAQs About Using and Having Therapeutic Cannabis in NH

###### WHO can have therapeutic cannabis?

- Qualifying patients and designated caregivers who have a valid registry identification card
- Selling or giving away therapeutic cannabis is against the law

###### HOW much therapeutic cannabis can a qualifying patient have?

- Maximum amount is **2 ounces**
- Having more than 2 ounces at any time is against the law
- Criminal penalties and fines may be given for having more than the allowed amount

###### WHERE is it illegal to *have* therapeutic cannabis?

- In school buildings and/or on school grounds
- At public recreation centers/youth centers
- At a place of employment without written permission from the employer
- The law does not require employers to allow the use of therapeutic cannabis

###### WHERE is it illegal to *use* therapeutic cannabis?

- In public places it is against the law to smoke or vaporize
- **Outdoor public places** such as: public parks, public beaches, public fields and sidewalks
- **Indoor public places** such as: public recreation centers/youth centers, restaurants/bars and common areas of apartment buildings

###### WHEN is it illegal to *be under the influence* of therapeutic cannabis?

- If driving any type of motor vehicle, motorcycle, snowmobile, boat or ATV
- If operating heavy machinery
- If at a place of employment without written permission from the employer
- Employers may discipline employees under the influence while at work if written permission was not granted

Cannabis is illegal under federal law. For more information on the NH Therapeutic Cannabis Law (RSA 126-X) and Administrative Rules, visit:

<http://www.gencourt.state.nh.us/rsa/html/X/126-X/126-X-mrg.htm>

[http://www.gencourt.state.nh.us/rules/state\\_agencies/he-c400.html](http://www.gencourt.state.nh.us/rules/state_agencies/he-c400.html)

<http://www.dhhs.nh.gov/oos/tcp/index.htm>

#### Concerned about overusing?

If you worry that you or someone else used too much, call the poison control hotline as soon as possible.

Calling is free and you will get help quickly:

**1-800-222-1222**

If your symptoms continue to worsen, call 911 or go to an emergency room right away.



**THE DOORWAY**

#### YOU ARE NOT ALONE.

If you are struggling with alcohol or drug related issues, you're never far from help.

To find a Doorway near you visit

[www.thedoorway.nh.gov](http://www.thedoorway.nh.gov)

or dial **2-1-1**.



Get Connected. Get Help.™  
An Initiative of Granite United Way

JANUARY 2020

# TIPS FOR SAFE AND RESPONSIBLE USE



## DO NOT MIX THERAPEUTIC CANNABIS AND ALCOHOL

Using alcohol and therapeutic cannabis at the same time is more dangerous than using either alone.



## BE CAREFUL IF YOU TAKE MEDICATION

There may be drug interactions between therapeutic cannabis and your medication.



## DO NOT DRIVE

Cannabis makes driving more dangerous! Did you know it:

- Slows your reaction time
- Makes it harder to tell distances
- Is illegal to be under the influence while driving

If therapeutic cannabis is consumed, before driving or operating heavy machinery, wait:

- At least 6 hours after smoking or vaping
- At least 8 hours after eating/drinking therapeutic cannabis products

Cannabis affects individuals differently

- These times are estimates based on research findings. If you're unsure how cannabis will affect you, make other plans for transportation or don't drive.



## STORE IT SAFELY

Therapeutic cannabis products can be confused for regular food or candy. Be sure to:

- Store all therapeutic cannabis products in a locked container
- Make sure children cannot see or reach the locked container
- Keep therapeutic cannabis in the original child-resistant packaging



## DO NOT USE CANNABIS DURING PREGNANCY OR WHILE BREASTFEEDING

If you are pregnant or thinking of becoming pregnant, remember:

- There is no known safe amount of cannabis use during pregnancy or while breastfeeding.
- Using cannabis during pregnancy or while breastfeeding can harm your baby, including low birth weight and impaired brain development.
- Talk to your doctor. There may be safer choices to treat your medical conditions during pregnancy or while breastfeeding.

Ask your Primary Care Provider for more information if you are not sure how to use a product safely and responsibly.

## KEEP CHILDREN SAFE.

Set a good example and create a safe environment. Actions speak louder than words. **Do not smoke or vape** therapeutic cannabis around children, and keep all therapeutic cannabis and cannabis products locked in a container.



NH Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment, and Recovery.

This material was adapted with permission from the Colorado Department of Public Health and the Environment.

