



# Pennington & Red Lake Counties Wellness Newsletter

## February 2024

### Poisonings from Cannabis Edibles is on the Rise



There has been a reported rise in the number of kids unintentionally consuming marijuana products. This is especially true in the growing number of states where marijuana has been legalized. In fact, the rates of unintentional poisoning by cannabis edibles in children younger than 6 years old rose 1,375% between 2017 and 2021. Two-year-olds accounted for the largest share of children exposed (28%), followed by 3-year-olds (25%).

Marijuana can be dangerous in all forms for children and adolescents, both in the short term and the long term. That's why it's important for parents and adults to understand how much THC is contained in edible products and how THC is absorbed in the body and how important it is to kids safe.

#### What are marijuana edibles?

Tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana is infused into tempting treats, such as:

Gummy candies, chocolate bars, lollipops, fudge and other candies, baked goods, and sweetened beverages such as sodas and lemonade (sometimes called "weed drinks").

#### Delayed effects of edible marijuana linked to overdosing.

Edible THC products take longer than smoked marijuana to have an effect. Smoking takes just seconds to minutes. But a THC edible typically takes 30 to 60 minutes after being eaten and digested. The peak effect happens 3 to 4 hours after ingesting

#### How to keep marijuana edibles out of the hands of kids

The best way to keep your kids safe from marijuana edibles is not to have them in your home. Some other considerations:

- Store them safely and out of reach of children and clearly label them.
- Use with caution. Never consume marijuana edibles in front of children, either for medical or recreational purposes. Seeing the products could create temptation for kids. Using them may also impair your ability to provide a safe environment. You shouldn't drive if you've consumed edible marijuana products, especially with kids in the vehicle. THC use can slow down your reaction times.
- Avoid buying THC edibles that come in packages that look just like real candies. And be sure to put them back into an out-of-reach location immediately after use.
- Talk to family members, friends, and caregivers.

#### What to do if your child eats an edible

If your child unintentionally eats a marijuana edible, try to find out what and how much they ate. Look at the edible's wrapper to see how much THC it contains. Call the free **poison control hotline—1-800-222-1222**—as soon as possible for fast help. You can also get online help at [www.poisoning.org](http://www.poisoning.org).

If your child's symptoms seem severe, call 911 or go to an emergency room right away.

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**American Red Cross**



## Emergency Blood Shortage

The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. Your blood donation is needed now to help alleviate the shortage and ensure lifesaving medical procedures are not delayed.

Visit [redcrossblood.org](http://redcrossblood.org) to find a blood drive



Friday 3/8/24 - St Hillaire  
Tuesday 3/12/24 - Lincoln High School TRF  
Wednesday 3/13/24 - Goodridge School-gym  
Monday 3/18/24 - TRF Eagles Ballroom

Visit [vitalant.org](http://vitalant.org) or call **877-258-4825** for more information and for other locations.



Dak Minn Blood Bank is located at 3375 DeMers Avenue in Grand Forks. It is through the support of area blood donors that we are able to provide blood for patients in our community.

Visit [blooddonations@altru.org](mailto:blooddonations@altru.org) or call **(701) 780-5433**

218-681-0876 TRF  
or 218-253-4378 RLF  
[www.pennredlakecopublichealth.com](http://www.pennredlakecopublichealth.com)



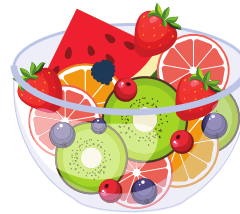
# National Children's Dental Health Month

Brought by the ADA (American Dental Association) national health observance promotes benefits of good oral health.



Brush your teeth 2x/day with fluoride toothpaste

Clean between your teeth daily.

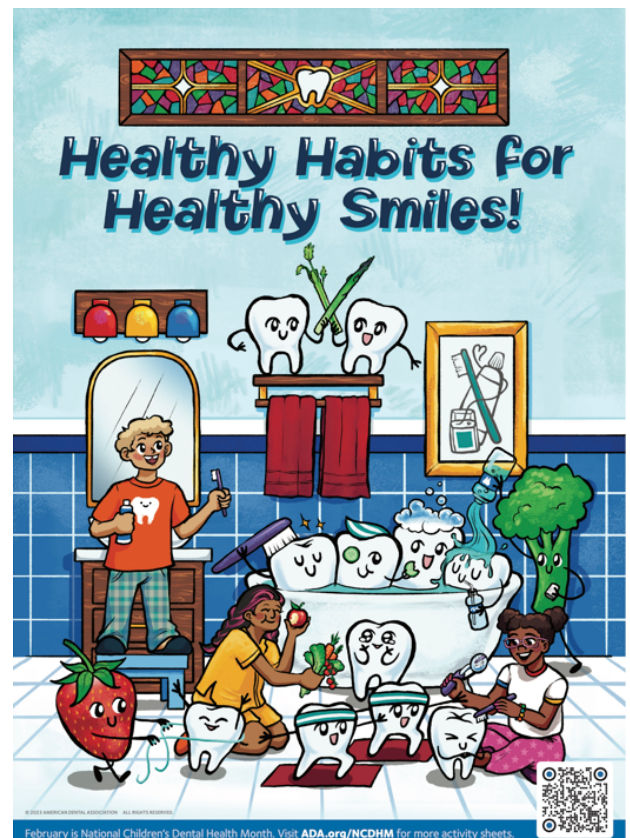


Eat health foods and limit sugary beverages.

See your dentist at least twice a year.



ADA American Dental Association®



February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](http://ADA.org/NCDHM) for more activity sheets.