

**HUMBOLDT COUNTY IS AMERICA'S CANNABIS HEARTLAND.**

Cannabis has deep roots in Humboldt County, the birthplace of American cannabis culture. It's been cultivated here for decades and has shaped the local community and economy.

*Humboldt Cannabis*

IS THE **BEST.**

**BE PREPARED FOR HOW CANNABIS CAN AFFECT YOU.**

Variation in dose, strains and form evoke different effects. The length and strength of your experience are dependent upon how much and what kind of product you choose. If you are unsure how cannabis will affect you, start with a low dose and educate yourself.

We do not recommend combining alcohol and cannabis and urge you to use both with education and caution.

AMERICASCANNABISHARTLAND.COM

AMERICA'S  
*Cannabis*  
HEARTLAND

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# CANNABIS IN HUMBOLDT

Only state-licensed retail establishments can legally sell cannabis products. You must be 21 or older to purchase or use cannabis. Even if from out of state you will be asked for a government-issued ID to enter legal cannabis retailers, designated cannabis lounges, cafes, or to receive a cannabis delivery.

The mental and physical effects of cannabis are largely dependent upon how it's consumed and the person consuming the product.

## INHALATION

Cannabis can be inhaled (as flower) or vaporized (as concentrate). Cannabis smoke and vapor may be harmful to others, even in your private space – be mindful of the people around you.

## ORAL DELIVERY

Tinctures, oils, edibles and drinkables come in many strengths and the effects of cannabis can last many hours after consumption. Consume with caution.

## TOPICAL

Often found as lotions, creams bath salts and oils, a topical is intended to have an effect at the actual application site.

## WHERE AND WHEN TO USE CANNABIS IN CALIFORNIA:

Adults 21 and over can legally possess or consume 28.5 grams of cannabis plant and 8 grams of concentrated cannabis.

You cannot consume cannabis on federal land or in a public space, unless the place is licensed for on-site consumption. Public spaces include sporting and music venues, parks, playgrounds, sidewalks, roads, cannabis retail businesses and outdoor restaurants.

It is illegal to open a package containing cannabis or consume, smoke, eat, drink or vape cannabis in public.

## CANNABIS PRODUCTS CAN'T LEAVE CALIFORNIA. THAT'S THE LAW.

## DON'T DRIVE AFTER CONSUMING.

It is illegal to drive under the influence of cannabis. Cannabis affects individuals differently, so if you are unsure how marijuana will affect you, make other plans for transportation and don't drive.

For more information about California's cannabis laws, visit **The California Bureau of Cannabis's** website ([www.bcc.ca.gov](http://www.bcc.ca.gov)) or contact the **Humboldt County's Health and Human Services**.

[www.AmericasCannabisHeartland.com](http://www.AmericasCannabisHeartland.com)