

Cannabis in NYC

Cannabis (marijuana) is legal for adult use in New York State (NYS).



3 oz



24 g

Adults age 21 and older may have and share (but not sell) up to 3 ounces of cannabis flower or bud, and up to 24 grams of concentrated cannabis such as oils or vapes.



New York's medical cannabis program has been expanded. For information about the changes, visit cannabis.ny.gov/medical-cannabis.



Adults age 21 and older may smoke or vape cannabis in most places where tobacco smoking is permitted.



Cannabis sales are allowed only at NYS-licensed dispensaries. For up-to-date information about legally purchasing cannabis, including dispensary locations, visit cannabis.ny.gov/adult-use.

For more information, visit nyc.gov/health/cannabis.

Safer Cannabis Use



If you use cannabis, avoid using too much too quickly — start with a small amount and go slow.

Different forms of cannabis have different levels of THC, the psychoactive substance that makes you feel high. This can make the effects feel stronger or occur more quickly, or both.

Some forms of cannabis can have a delayed effect. For example, it can take up to four hours to feel the full effect of edibles (cannabis-infused food).



Avoid mixing cannabis with other drugs, including alcohol.



Avoid using cannabis before or while driving.

It is unsafe and illegal to drive while under the influence of cannabis. It is illegal to use cannabis in a car, even when parked or as a passenger.



Keep cannabis and cannabis products secure and out of the sight and reach of children and youth.

If a child eats or drinks cannabis products, call the NYC Poison Center at 212-POISONS (212-764-7667), available 24/7.



If you are younger than age 25, be aware that cannabis use carries increased health risks for you.

Cannabis can have serious impacts on young people whose brains are still developing. Negative effects can include difficulty thinking, learning and solving problems; poor memory or focus; and reduced coordination.