

Cannabis in NYC: Safer Cannabis Use

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.



Smoking Area

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



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



Cannabis Store
Opening Soon

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.

If you use cannabis, here are some things you should know.

Avoid using too much cannabis 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). 
- Start with a small amount. Wait until you feel the effects before taking more.

Avoid mixing cannabis with other drugs, including alcohol.

- Mixing cannabis with alcohol or other drugs can have unpredictable effects.
- If you take prescription drugs, ask your health care provider how using cannabis may affect you.
- Avoid smoking cannabis rolled or mixed with tobacco. Tobacco smoke is harmful to you and others around you.

Avoid using cannabis before or while driving.

- It is unsafe and illegal to drive while under the influence of or impaired by any substance, including cannabis. 
- NYS law prohibits the use of cannabis in a motor vehicle by anyone, including passengers.
- If you drive while impaired, you are at much higher risk of harming yourself and others.

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

- Keep cannabis in a locked cabinet or container. Remember that many edibles look like candy or other ordinary food and drinks. 

Call the NYC Poison Center at 212-POISONS (212-764-7667) if a child eats or drinks cannabis or products containing cannabis.

- The NYC Poison Center provides free, 24/7 and confidential help for youth and adults, including on questions about cannabis side effects.

Be aware that unregulated cannabis products are not made with standard quality or safety controls.

- This means the effects of these cannabis products are unpredictable.
- Avoid using cannabis vaping products until they have regulated safeguards (such as NYS rules to protect you from undesirable effects).
 - Currently, there is a risk of e-cigarette or vaping product use-associated lung injury (EVALI) from vaping cannabis. For more information about EVALI, visit nyc.gov/health and search for **e-cigarettes**.



Avoid smoking or vaping cannabis near others who are not smoking or vaping.

- The health risks of secondhand cannabis smoke and vaping aerosol are unknown. Like tobacco smoke, cannabis smoke contains tar and cancer-causing chemicals. Cannabis aerosol can also contain harmful chemicals.
- Be mindful of those around you. Keep smoke away from others.



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

- 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 physical coordination.
- Starting cannabis use at a younger age or using it frequently can be associated with earlier onset of psychotic disorders, especially for those already at risk.
- For free, 24/7 and confidential mental health support, call or text 988 or chat at nyc.gov/988.

