

# Avoid When

Situations Where Cannabis Use Is Not Appropriate

## High-Risk Situations

Do not use THC-containing products before or while driving, operating machinery, or performing safety-sensitive work.

Avoid use during pregnancy and breastfeeding unless specifically guided by a clinician.

## Medical and Psychiatric Considerations

People with a history of psychosis, bipolar mania, or certain severe psychiatric conditions may be at increased risk with THC.

Those with significant cardiac disease or uncontrolled medical conditions should consult clinicians before use.

## Work and Legal Considerations

Respect workplace policies, professional requirements, and local laws even where adult-use is legal.

Plan use for times when responsibilities are complete and impairment will not endanger self or others.

## Key Takeaway

Knowing when not to use cannabis is as important as knowing how—it protects you, your community, and the broader case for responsible adult-use.

**LEGAL DISCLAIMER** These materials are for educational purposes only and are not intended as medical advice, diagnosis, or treatment. Cannabis affects individuals differently. Effects may vary depending on dose, setting, and individual biology. Always consult with a qualified healthcare professional before starting or changing cannabis use, particularly if you are pregnant, breastfeeding, have underlying medical or psychiatric conditions, or are taking prescription medications. CARTA products are designed for responsible adult use only. Keep out of reach of children and pets. Do not drive or operate heavy machinery under the influence of THC. Compliance with all local, state, and federal laws is the responsibility of the user.