

# Avoid When

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Situations where cannabis use is not advised.

## Introduction

There are times when cannabis is not appropriate. Knowing these helps you stay safe and compliant with laws and workplace rules.

## Science Explained Simply

THC can impair reaction time and judgment. Certain mental health histories warrant caution. Pregnancy and breastfeeding are periods when avoidance is recommended.

## CARTA Product Spotlight

CARTA's education and app reminders reinforce safe-use boundaries and timing—so you can plan ahead.

## Practical Guidance

Avoid use when driving, operating machinery, during pregnancy/breastfeeding, or when workplace policies prohibit it. For history of psychosis or severe mental health conditions, consult a clinician.

## FAQ & Myth vs Fact

Q: Can I microdose and still drive?

A: Do not drive after THC. If you feel any impairment, wait until the effects have fully worn off.

## Responsible Use & Safety Notes

Plan your timing. Keep products stored securely and out of reach of children and pets.

## Key Takeaway

Responsible boundaries protect your freedom to use intentionally. Know your no-go zones.

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#### 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, or 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.

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