

Hey Maryland



DID YOU KNOW?



BE INFORMED. BE RESPONSIBLE. BE SAFE. Learn more at cannabis.maryland.gov

MARYLANDER'S GUIDE TO
RECREATIONAL CANNABIS



Table of Contents

Purpose & Use

This guide is part of a public education campaign to provide residents with important information on the new adult-use cannabis laws to support informed, responsible, and safe consumption.

The guide can be downloaded and printed for use by local jurisdictions and health departments, community partners, and other stakeholders. If you have any questions, please contact publichealth.mmcc@maryland.gov

Contents

Where can I buy cannabis?	2
Where can I use cannabis?	2
How much cannabis can I possess?	4
Can I grow cannabis at home?	4
Is it safe to drive after consuming cannabis?	5
Can I travel with cannabis?	6
What about cannabis and the workplace?	6
Where should I keep my cannabis?	7

Where can I buy cannabis?



Starting July 1, 2023, adults 21 and older can purchase cannabis from licensed dispensaries. Licensed dispensaries have strict rules that ensure that products are manufactured, processed, tested, and labeled accurately. To find licensed dispensaries visit our [Industry Directory](#).

Where can I use cannabis?



You can use cannabis in private homes and on private property, but smoking cannabis in public is prohibited. This includes parks, streets and sidewalks, bars and restaurants, moving cars, and public transportation (e.g., buses, vans, trains, taxicabs, limousines).

Property owners can prohibit the use of cannabis on their property. If you rent, read your rental agreement to see if there are restrictions.

Most hotels do not allow guests to smoke cannabis in their hotel room. Ask the reception desk about the hotel's policy. If you stay in a vacation rental, check with the property owner about the rules for your stay.

How much cannabis can I possess?



You can purchase and possess up to 1.5 ounces of cannabis flower, 12 grams of concentrated cannabis, or a total amount of cannabis products that does not exceed 750 mg THC. This amount is known as the "personal use amount."

You can gift cannabis to adults 21 and older as long as the amount gifted falls within the personal use amount and no money, goods, or services are associated with the transfer.

Can I grow cannabis at home?



You can grow two indoor plants per household, out of public view. However, landlords, management companies, and property owners can prohibit growing cannabis on their properties.

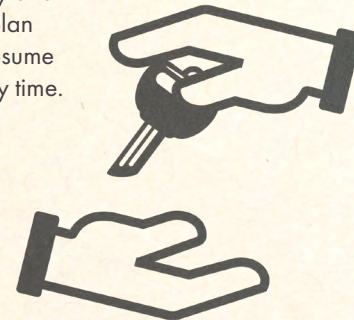
Is it safe to drive after consuming cannabis?



Cannabis use impairs your ability to drive safely. It can result in slower reaction time, coordination, and concentration. If you are impaired while driving, even as a certified patient with a medical card, a law enforcement officer can pull you over and conduct a sobriety test. You can receive a DUI citation.

If you are transporting cannabis in your car or vehicle, it should be in the trunk or in a sealed package. You can't consume cannabis in moving cars -- this includes smoking, vaping and consumption of edibles.

Let's keep Maryland safe. Make a plan before you consume cannabis, every time.



Can I travel with cannabis?



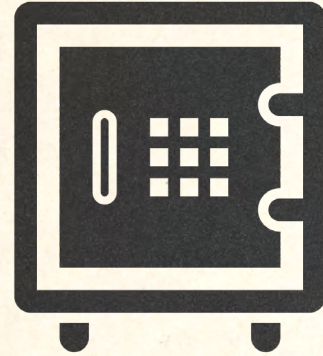
Cannabis remains illegal under federal law. You can't use or possess cannabis on federal land (including federal buildings, national parks, military bases, etc.). You can't transport cannabis across state lines, even if it's between states where recreational cannabis is legal. It is not legal to send cannabis through the U.S. mail.

What about cannabis in the workplace?



Check with your employer regarding their rules and restrictions regarding cannabis use. Marylanders who are federal employees should follow federal employment policies related to cannabis possession and use.

Where should I keep my cannabis?



Safely storing cannabis lowers the chance of children, young people, and pets accessing cannabis. Store cannabis in its original container in a secure and locked place, out of sight and reach of children and pets. To dispose of unused cannabis, crush or chop up remaining cannabis, put it in an empty container and mix with something unappealing (coffee grounds, soil, kitty litter), cover, seal and dispose of it in the trash. In the event of accidental cannabis ingestion, call the Maryland Poison Center 24/7 at 800-222-1222 or go to the nearest emergency room. Calls to the Poison Center are free and confidential.



Learn More At

CANNABIS.MARYLAND.GOV

BE INFORMED. BE RESPONSIBLE. BE SAFE.