

# Cannabis

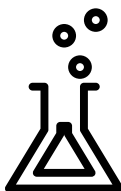
## Delta-8 Tetrahydrocannabinol

### Basic Information on Delta-8

Delta-8 is a form of THC, Tetrahydrocannabinol, one of the active ingredients in cannabis. Delta-8 is said to be about **50-75%** as psychoactive as Delta-9 THC, which is found in cannabis. Though not sold as cannabis, Delta-8 has been reported to create a 'high' similar to cannabis.

Delta-8 can be bought over the counter as vape cartridges, joints, blunts, gummies, syrups, and tinctures. Some packaging may abbreviate the label to "D8" or "Δ8."

Delta-8 is found in small traces in hemp and cannabis, and requires chemical conversion to increase concentration.



These processes can use unsafe household chemicals and may occur in uncontrolled and unsanitary settings, leading to the presence of contaminants and potentially harmful substances.

Delta-8 is not regulated because it can be extracted from hemp, which can be legally grown in Wisconsin. There are no regulations to monitor contents or strength of Delta-8 products, so there's no guarantee that they are safe to consume.

**Delta-8 is not identified separately from other forms of THC on standard drug tests, leading to positive test results.**

### Possible Adverse Effects

hallucinations

sedation

coma

seizures

slurred speech

difficulty breathing

uncoordinated movements

anxiety

dizziness

confusion

vomiting

tremors



Poison Control Centers **received 2,362** Delta-8 exposure reports from January 1, 2021 to February 28, 2022



40%

40% of all exposures were accidental



82%

82% of accidental exposures involved pediatric patients

\*Data from US National Poison Control Centers

### Concerns About Delta-8



No warning labels on packaging



No federal or state laws setting a minimum age to purchase products



Easily accessible in grocery stores, gas stations, vape shops, and online



No FDA or DEA regulations to monitor what is in products; including concentration, harmful chemicals or metals, or illegal substances






Delta-8 products are often packaged and labeled in ways that may appeal to children






Delta-8 products may be advertised for uses that are not proven to be safe or effective

# What can our community do?





## Everyone

-  Read labels carefully and understand that products may be mislabeled or unclear. Labels may underestimate the psychoactive ingredient concentrations in active products. Products labeled as hemp or CBD may contain Delta-8 THC.
-  Recognize that the cannabis marketplace continues to evolve. More research is needed to understand health effects. Be aware of the legal status of products in your location.
-  Be aware some products may cause side effects. If adverse effects begin, call poison control at (1-800-222-1222), 911, or seek medical attention.




## Retailers

-  Provide information to consumers about the psychoactive qualities of Delta-8 and other ingredients in products.
-  Report the total THC content on product labeling, including ingredients like Delta-8 THC, that may be synthetically produced to create a psychoactive effect.
-  Stay up to date on laws and do not sell to minors. Check IDs thoroughly before sale.

## Parents and Guardians

-  Pay attention to what your kids have. Packaging for gummies may be designed to look like popular candy brands.
-  Talk to your children. Ask your child "What have you heard about Delta-8?" Keep the lines of communication open by providing information without using scare tactics.
-  If your child uses Delta-8 products, have a conversation to understand why. Offer your child support for quitting and encourage them to use alternate coping mechanisms.
-  Learn more to about how to address common questions with Drug Free's Marijuana Talk Kit.

## Consumers

-  Store products safely away from children and pets to prevent illness or injury.
-  Ask questions and understand what you are buying and ingesting.
-  Be aware some products may cause side effects. If adverse effects begin, call poison control at (1-800-222-1222), 911, or seek medical attention.

## Prevention and Intervention Resources

### 211 (or 877-947-2211)

Connect with services in your area.  
[www.211wisconsin.communityos.org](http://www.211wisconsin.communityos.org)

### SAMHSA National Helpline

Free, confidential, 24/7 referral and information  
1-800-662-HELP

## Resources

- Centers for Disease Control and Prevention
- Community Anti-Drug Coalitions of America
- Drug Free Communities
- Federal Drug Administration
- National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services
- Wisconsin Legislative Council

For more information visit  
[www.ECHealthAlliance.org](http://www.ECHealthAlliance.org)  
[www.fda.gov](http://www.fda.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.cadca.org](http://www.cadca.org)  
[www.drugfree.org](http://www.drugfree.org)



Eau Claire City-County  
**Health Department**