Adult Use vs Medical Cannabis

Testing

All adult use recreational and medical cannabis products must be tested in a lab before they can be sold.

Each batch is checked by a licensed testing facility to make sure it doesn't contain harmful substances and that it meets state rules and safety standards.

Scan the QR code below to learn more about cannabis product testing.

Guidance

People who use medical cannabis usually get more help and advice because they can talk with a medical professional at the dispensary.
They can help with things like:

- Which strains may work best for their condition
- Possible interactions with other medications
- Side effects to watch for
- The right dose to help manage their condition

Consumption Methods

Medical dispensaries usually offer more ways to consume cannabis, allowing people to better match their treatment to their medical needs.

Applying for Medical Cannabis

How to Become a Patient

1. Get approved

You need a Minnesota-licensed doctor, physician assistant, or nurse practitioner to approve you for medical cannabis. They can do this for any condition they believe medical cannabis may help.

2. Apply

After you get an email saying you're certified, you can apply.

You'll need one of these IDs:

- Minnesota driver's license or state ID
- Military ID
- U.S. passport or passport card
- Tribal ID
- Veteran's Affairs ID

Use your phone or tablet to take a picture of your ID, then click the link in the email to register.

3. Buying medical cannabis

Before going to a dispensary, make an appointment and fill out a short self-evaluation form.

More Information

For more information about Minnesota's Medical Cannabis Program, visit Minnesota's Medical Cannabis Program Patient Guide.

Steele County Public Health
(507) 444-7650
SCPHN@steelecountymn.gov

Adult Use Cannabis Resource

Steele County

Public Health
Prevent. Promote. Protect.
Steele County Public Health

Safe Storage

It's important to keep cannabis products out of reach of children and pets to prevent accidental poisoning.

- Keep products in child-resistant packaging.
- Keep products in their original packaging as it can have important information about product quantity and potenecy.
- Keep cannabis in a secure, preferably locked, location. It should be out of reach and sight of children.

In the event a child or pet consumes cannabis or THC products, they may need immediate medical attention. Calling poison control can provide more guidance.

POISON Help 1-800-222-1222

Safe Use

If choosing to use cannabis, there are several ways to reduce possible harms.

- Do not use cannabis while under the age of 21.
- Do not drive while using or under the influence of cannabis. Cannabis slows your reaction time and impairs coordination.
  - Driving under the influence of cannabis is driving while intoxicated (DWI) and is illegal.
- Do not use cannabis while pregnant, planning to become pregnant, or while breastfeeding. Cannabis use while pregnant or breastfeeding can impact the baby's health and development.
- Minimize the smoking and vaping of cannabis products as it can harm your lungs and increase the risk of chronic lung diseases.
- Inform your health care provider of cannabis use. They can talk to you about other possible health impacts unique to you.

Impacts of Secondhand Smoke

Cannabis smoke contains many of the same toxic and cancer-causing chemicals found in tobacco smoke.

Cannabis smoke also contains THC, the compound known for the psychoactive effects or "high" feeling. THC can be passed to infants, children, and those around you through secondhand smoke.

To avoid exposing others to secondhand smoke, it is recommended those who smoke,

- Smoke outside
- Smoke away from other people
- Wash their hands after smoking
- If handling an infant, it is also recommended one changes clothes before doing so

Employment

In Minnesota, adults are allowed to use cannabis on their own time, and this gives some protection to job applicants and employees. Employers generally can't punish you for using cannabis outside of work hours.

However, you can still get disciplined or fired if:

- You use cannabis or are impaired while at work
- You use cannabis or are impaired on work property
- You are impaired while using company vehicles, machines, or equipment
- You aren't mentally alert or in control of yourself because of cannabis use
- A drug test shows cannabis or another banned substance
- You break your employer's written rules about cannabis
- State or federal law requires the employer to take action

Most employers can't make you take a cannabis test before hiring or refuse to hire you just because you test positive, but some jobs are exempt from this rule.

For details about which jobs are exempt, check the Minnesota Office of Cannabis Management website.