

# Dabbing

## What is a Dab?

- Extremely concentrated THC wax that is heated and the aerosol is then inhaled.

## What do they look like?



## The Numbers:

- It takes 5-10 seconds for the THC to reach the brain and the effects can be felt within minutes.
- The high lasts between 30 minutes and several hours.
- Dabs have about 80% THC concentration.
- Dabbing is one of the methods most associated with emergency room visits due to higher THC levels.
- Higher THC concentrations can lead to greater risk of addiction if frequently used.

## Note:

- Inhaling smoke of any kind causes damages to the respiratory system.
- Sharing these devices puts users at risk of getting herpes, mono, and colds.
- This method exposes the user to extremely high concentrations of THC.