



HARM REDUCTION & CANNABIS

MAKING CHOICES FOR SAFER USE

Non-medical cannabis use is now legal for people over the age of 19, but there are health risks you need to be aware of. If you choose to use cannabis, you can make informed choices for safer use.

1. Acknowledge your own limits when it comes to using cannabis.
2. Occasional use, such as one day per week or less, is safer for your body and mind than regular use.
3. Wait until you're older before trying cannabis, ideally after you turn 25, to protect your developing brain.
4. Instead of smoking cannabis, consider cannabis products that are safer for your body, such as edibles and oils.
5. Choose low-potency products, ones with lower THC and/or higher CBD content.
6. Avoid using cannabis if you're pregnant, breastfeeding or if you or your family members have a history of psychosis.
7. Wait at least 6 hours after using cannabis before driving a vehicle or operating machinery.
8. Mixing alcohol and cannabis makes you more impaired than using cannabis only.
9. If you choose to smoke cannabis, avoid inhaling deeply or holding your breath.
10. Avoid using synthetic cannabis products, such as K2 or Spice.
11. Know your source and understand where your cannabis is from. Is it from the regulated or unregulated market?
12. Reflect on the benefits and risks of using cannabis so that you can make informed choices that are right for you.