How to reduce the harms of non-medical cannabis use



Minimize respiratory complications

Don't smoke cannabis with tobacco; refrain from deep inhalation and breath-holding; vaping likely safer than smoking.



Don't drive while high

And don't get in a vehicle if the driver is high.
The effects of inhaled cannabis typically peak after
30 minutes and lasts up to three hours; cognitive
impairment can last up to six hours.



Minimize frequency of use

The risk of harm increases with the rate of use.



Use caution when ingesting cannabis

Start low and go slow. Start with 10 mg or less and wait at least two hours before ingesting more.



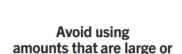
Share with care

Shared joints or cannabis implements that contact a person's lips increase the risk of transmitting infections, including meningitis, influenza and other pathogens.



Delay use until early adulthood

Risk of dependence is higher at an earlier age.



highly concentrated

Be wary of excessive use or high-potency cannabis, including synthetic cannabinoid products. Use only the amount needed to achieve the desired effect.



Don't use cannabis & alcohol at same time

Mixing non-medical cannabis with alcohol can increase impairment exponentially and cause anxiety, nausea, vomiting or fainting.



Stop when use is out of control

Frequent users who can't control their use should stop and get professional help if necessary.



Keep cannabis out of reach

Store safely and out of reach of children and pets.

Vulnerable groups should abstain from use

Pregnant women and people with a history of psychosis should avoid cannabis altogether.



