

# 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.

# 18<sup>+</sup>

## Delay use until early adulthood

Risk of dependence is higher at an earlier age.

## Avoid using amounts that are large or 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.

