

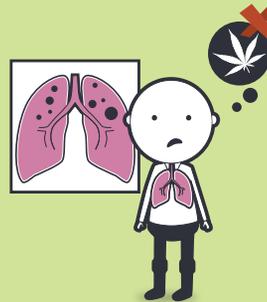
How can I reduce the risks of cannabis use?

The best way to prevent the risks of cannabis use is to avoid cannabis altogether. If you do decide to use cannabis, here are a few suggestions that can help to reduce your risk.

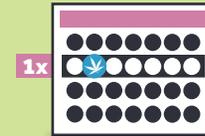


- If you are under 25, avoid using cannabis since it can have long-lasting effects on the brain.

- To protect your lungs, avoid smoking cannabis. Be sure to educate yourself on the risks of using cannabis in other ways.



- If you decide to use cannabis, it is best not to use more than once per week. It is safest to avoid the use of cannabis products that are high in THC.



- Cannabis use during pregnancy or while breast feeding may harm the developing baby. It is safest to avoid use during these times.



- It is best not to use cannabis while using recreational or prescription drugs, including alcohol.



- It is best to avoid cannabis use if you or your family members have a history of mental illness or substance use problems.



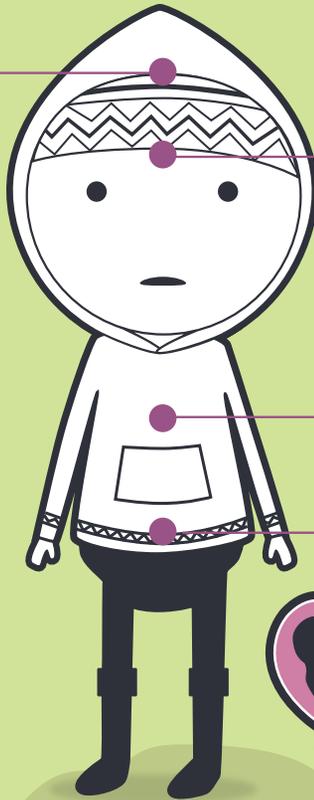
- After smoking cannabis, it is recommended to wait 6 hours or more before driving. This period should be longer if the cannabis was swallowed in food or drink.

THC stands for delta-9-tetrahydrocannabinol. THC is the main chemical responsible for the "high" or mind-altering effects from cannabis.

The short and long term impacts of cannabis use may include:



➤ Daily or near daily cannabis use can cause changes to a young person's developing brain that can lead to problems with memory, concentration, learning, and emotions.



➤ Long-term impacts of regular cannabis use may include increased risk of mental health illnesses, particularly psychosis. Long-term use can also lead to addiction and withdrawal.



➤ Daily or near daily cannabis use can cause difficulties with attention, thinking, and problem solving.



➤ Breathing problems can occur or become worsened by smoking cannabis such as coughing, wheezing, and shortness of breath.

➤ Cannabis use before or while operating vehicles (car, truck, boat, ATV, snowmobile) can impair driving ability. It can increase the risk of a motor vehicle collision by 2-3 times.



➤ Cannabis use while pregnant or nursing may be harmful to the baby and can have long-term impacts on behaviour and learning.



Cannabis-related health problems can be made worse by:

- Using cannabis at a younger age
- Using cannabis frequently (every day or almost every day)
- Using cannabis in large amounts or higher strengths