



HARM REDUCTION

CHOOSE TO BE INFORMED: REDUCE THE HARMS OF CANNABIS USE

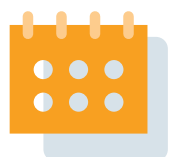
All cannabis use is risky, but some ways are less harmful than others.



Avoid using cannabis before age 25: this will reduce the risk of addiction and learning problems.



Choose products with low THC levels. Cannabis products high in THC are linked to mental health problems and addiction.



Limit how often you use cannabis to once a week or less.



Avoid using altogether if you have a personal or family history of mental health problems or substance use disorders.



Using cannabis during pregnancy or breastfeeding can harm the baby. If you choose to use, avoid cannabis high in THC and using often.



Edibles eliminate the risk of breathing problems caused by smoking cannabis.



Do not drive or operate machinery after using cannabis. Your focus, reaction time, decision making and coordination are all impaired when you are high.



Avoid synthetic products like Spice or K2. These are not cannabis, and they are linked to severe physical and mental health illnesses.



To learn more, talk to a health care professional in your community or visit
CHOOSETOBEINFORMED.CA

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