

What you know about
CANNABIS
matters!

CANNABIS & DRIVING

Know the Risks

If you choose to use
cannabis, don't drive.



Driving after using
cannabis makes accidents
2 to 3 times more likely.



LEGAL CONSEQUENCES

- In Canada, it's illegal to drive after using cannabis. This rule applies to all motorized vehicles including cars, trucks, ATV's, boats and snowmobiles.
- Police have tools to check if a driver has used cannabis.
- Breaking impaired driving laws can lead to fines, losing your licence, or jail time.



Driving after
using cannabis
is illegal and
puts everyone
at risk.

CANNABIS AFFECTS DRIVING

Cannabis can:



Slow reaction times



**Reduce balance and
coordination**



Make it harder to focus



**Impair memory and
concentration**



**Affect judgment and
decision-making**



**Make it difficult to judge
distances and speed**



Myth

**After using cannabis I can
just drink coffee or take a
nap and I'll be fine to drive.**



REDUCE THE RISKS

- ✓ Plan ahead and arrange a safe ride home before using cannabis.
- ✓ Ask a sober friend for a ride home, take a taxi or walk.
- ✓ Never ride with someone who has used cannabis.
- ✓ Avoid mixing cannabis with alcohol or other drugs.
- ✓ Wait at least 6 hours after using cannabis before driving, and longer if you have consumed edibles.
You may need to wait longer depending on the type and amount of cannabis used. The effects of edibles last 12+ hours, so wait longer before you drive.



Fact

Coffee or a nap won't fix the effects of cannabis. THC affects driving skills for at least 4 to 6 hours after you smoke cannabis, and 10 to 12 hours or more for edibles.



HELP AND SUPPORT

If cannabis is affecting your mental health, well-being, or relationships, there are many supports to help.

+ Talk to a health-care provider.

♥ Talk to trusted Elders, family and friends.

☎ Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors in Inuktitut, English, Inuinnaqtun or French.

💬 Text NUQUITS to 123456 for support and tips.

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