What you know about CANNABIS matters!

CANNABINOID HYPEREMESIS SYNDROME

What Every Cannabis User Should Know



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WHAT IS CANNABINOID HYPEREMESIS SYNDROME (CHS)?

CHS is a condition that can affect anyone who uses any type of cannabis frequently for long periods of time.

People with CHS have severe nausea and vomiting that is hard to control.

Symptoms of CHS:

- Vomiting
- Nausea
- Stomach pain
- Eating less and weight loss
- Dehydration

WHAT SHOULD I DO IF I HAVE SYMPTOMS?

If you think you might have CHS:

- **Stop using cannabis.**
- **Drink water and stay hydrated.**
- **Go to your local health centre or talk to a health-care provider.**

Tell your health-care provider how often you use cannabis and what your symptoms are. This will help them properly diagnose and treat you.



HOW TO TREAT CHS

Your health-care provider can help treat CHS. Depending on your symptoms, they may give you fluids, medications to stop the nausea and vomiting or other treatments.

HOW CAN I PREVENT CHS?

The only way to prevent CHS is to avoid cannabis use.

If you have CHS, stopping cannabis use is the best way to feel better.

Most people improve within two weeks after stopping cannabis.

CAN SYMPTOMS COME BACK?

Yes. For people who have experienced CHS, even a small amount of cannabis can trigger symptoms again.

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.
- Visit Facebook.com/NuQuits
- Visit **nuquits.ca**



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