

Safer Cannabis Use

GUIDELINES

Not using cannabis is the best way to avoid the risks to your health, especially if you are young or at risk for mental health problems. Consider waiting to use. The longer you wait to use cannabis and any other drug (including alcohol), the much less the risk. **If you consider using, follow these tips:**

Have more days that are cannabis-free.

Regular use can increase the negative effects on your mind and body.

Go easy on your lungs.

Cannabis smoke has many of the same harmful chemicals as tobacco smoke. Consider vaping instead. If you smoke, take short, shallow breaths and exhale right away.

Pace yourself. Start low. Go slow.

It takes seconds to minutes to feel the effects of smoking or vaping. Consider using products with low THC and some CBD.

Stick to one drug at a time.

Using more than one drug at a time can lead to unpredictable changes to how you think, feel, and act.

Leave tobacco out of the mix.

Tobacco is harmful to your health and contains nicotine, which is highly addictive. Nicotine can make it hard to cut down or quit.

Share with care.

Sharing joints, bongs, or vaporizers means you may also be sharing germs and infections from your mouth and saliva. Avoid sharing or find ways to use without direct contact to your lips.

Plan a safe ride.

Cannabis impairs your ability to drive safely. The effects can last 6 to 12 hours. Plan a ride with a sober friend, OC Transpo, Uber, Lyft, or a taxi.

QUESTIONS?

AC Umbrella Project

umbrellaproject@algonquincollege.com

