



Lower-Risk Cannabis Use Tips

Make an informed decision about cannabis use. Find out how cannabis can affect you:

[Cannabis \(Marijuana\) - The LINK - The LINK \(thelinkottawa.ca\)](#)

No use is an option but if you plan to use, follow these tips:

Tip 1: Purchase from a regulated source.

Know what you are consuming, read labels and learn about the safety requirements.

Tip 2: Stick to one substance at a time and leave tobacco out of the mix.

Using more than one drug at a time can lead to unpredictable changes to how you think, feel and act. Tobacco contains nicotine that is also addictive and can make it hard to cut down or quit.

Tip 3: Pace Yourself. Start Low. Go Slow.

It takes seconds to minutes to feel the effects of smoking or vaping but 30 minutes to 2 hours to feel the effects from edibles (eating or drinking). Start with a small amount and wait at least 30 minutes or more to feel the effects. Consider using products with lower amounts of THC and equal or higher amounts of CBD.

Tip 4: Go easy on your lungs.

Smoking is likely the most hazardous method of cannabis use. Dry herb vaping and edible products can be less harmful, but they have risks too. If you smoke, avoid inhaling deeply or holding your breath. Keep the air in your home smoke and vape-free for better lung health.

Tip 5: Have more cannabis-free days.

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

Tip 6: Plan a safe ride.

Cannabis impairs your ability to drive. The effects can last 6 to 12 hours. For the safety of yourself and others, plan a ride with a sober friend or family member, OC Transpo, Uber, Lyft, or a taxi.

Tip 7: Secure your stash.

Keep cannabis products in its original packaging and in a locked place that is out of reach, and out of sight of children or pets. If a child has consumed cannabis, contact the **Ontario Poison Centre at 1-800-268-9017**.

Need help?

- [AccessMHA](#) makes it easy to find mental health and/or substance use support services and care. They work with you to refer you to the services you need from a network of partner organizations, all while supporting you through the process.
- Use [1Call1Click.ca](#) to access support for anyone under 21 years of age. You can call 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario) or use 1call1click website to fill the online form.

Scan and go



23/02/2022