

Lower-Risk Cannabis Use Tips

Make an informed decision about cannabis use. 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 using, 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 substance (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. Start with a small amount, use products with low THC and an equal or higher amount of CBD.

Ways of using	Start low	Onset	Effects can last...
Smoking/Vaping (inhalation)	1 or 2 puffs of 10% (100mg/g THC or less)	Seconds to minutes	Up to 6 hours or more
Eating/drinking/swallowing (ingestion)	2.5mg THC or less (wait 30 minutes or more)	30 minutes to 2 hours	Up to 12 hours or more

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. Track your use and if you are experiencing negative effects, try to reduce your use to once per week.

Tip 6: Plan a safe way home. Cannabis impairs your ability to drive. The effects can last 6 to 12 hours. For the safety of yourself and others, plan a safe way home with a sober friend or family member. Use public transit, a rideshare service or walk with friends on a well-lit area.

Tip 7: Secure your substances (drugs). Keep cannabis products in its original packaging and in a locked place that is out of reach, and out of sight of children. If a child has used cannabis, contact the Poison Centre at 1-844-764-7669.

Thinking about using cannabis before or during pregnancy?

The safest choice is to not use cannabis once you decide to get pregnant, once you are pregnant and while breastfeeding/chestfeeding. If you consume cannabis and would like to reduce your consumption or would like help quitting, consult your health care provider.

For supports and services, scan the QR code or visit:

- OttawaPublicHealth.ca/WellnessServicesandResources
- [AccessMHA](#) - for individuals 16 and older. A single point of entry for mental health and addictions.
- ICallIClick.ca or call 613-260-2360 for anyone under 21 years of age. A simple way for children, youth and families to access the right mental health and addiction care, at the right time.

For more information on cannabis, visit OttawaPublicHealth.ca/cannabis.

Scan and go!

