Cannabis & Your Health

10 WAYS to Reduce Risks When Using

Cannabis use is now legal for adults, but it does have health risks. If you use non-medically, you can make informed choices for safer use.

- Delay using cannabis as late as possible in life, ideally not before adulthood.
- Avoid using if you’re pregnant, or if you or family members have a history of psychosis or substance use problems.
- Choose low-potency products — those with low THC and/or high CBD content.
- Use cannabis in ways that don’t involve smoking — choose less risky methods of using like vaping or ingesting.
- Stay away from synthetic cannabis products, such as K2 or Spice.
- If you do smoke, avoid deep inhalation or breath-holding.
- Occasional use, such as one day per week or less, is better than regular use.
- Your actions add up. The more risks you take, the more likely you are to harm your health.
- Don’t operate a vehicle or machinery while impaired by cannabis. Wait at least 6 hours after using. Remember that combining alcohol and cannabis makes you more impaired.
- Not using cannabis at all is still the best way to protect your health (unless you use with a medical recommendation).

When using cannabis, be considerate of the health and safety concerns of those around you. Don’t hesitate to seek support from a health professional if you need help controlling your cannabis use, if you have withdrawal symptoms or if your use is affecting your life.