

THC

THC is one of the chemical compounds in cannabis that is responsible for how your brain and body respond. It's the mind-altering chemical that provides the feeling of being "high" to the user.

The concentration or strength of cannabis is usually shown as a percentage of THC by weight (or volume in oil).

CBD

CBD is another chemical compound found in cannabis, but it does not produce a feeling of being high or intoxicated. Choose products with a higher ratio of CBD to THC for a lower-risk choice.



**If you
choose
to use
cannabis,
get to
know
the facts.**

START LOW. GO SLOW.

Cannabis may be legal for those **18+**, but there are still negative health effects if you choose to use.

Being informed and making lower-risk choices will help reduce the risk of harm from cannabis use:



Delay using cannabis until later in life as the brain is still developing until about age 25.



Choose lower-risk products, such as those with low THC and avoid smoking it.



Don't use if you are pregnant, think you might be, or are planning to become pregnant, there is no known safe amount of cannabis use during pregnancy.



Limit and reduce your use of cannabis.



Combining cannabis with tobacco or alcohol can increase the risks. Use with caution.



Understand the signs of an overdose or bad reaction and know which actions to take.



Don't use if you or your family has a history of psychosis, substance use disorders or other mental health problems.

THE HEALTH EFFECTS OF CANNABIS

How much, how often and how you use cannabis have the most influence on both physical and mental cannabis-related health problems.

Lungs

Smoking cannabis can potentially damage your lungs from smoke inhalation. Second-hand cannabis smoke is at least as harmful, or more harmful, than tobacco.

Stomach

Long-term, frequent cannabis use can cause recurring episodes of severe nausea and vomiting, known as Cannabinoid Hyperemesis Syndrome (CHS).

Goals and performance

Using cannabis can negatively affect your performance at work, school and other activities. This is especially true for young adults – early cannabis use can impact school performance, extracurricular activities, increase absences and increase the risk of school suspensions or dropping out.

Memory and learning

Cannabis use can negatively affect your memory, learning ability and attention span.

Judgment and decision-making

Cannabis use affects your judgment and can lead to risky behavior and poor decision making.

Dependency

Early, regular use may be associated with a higher risk of dependency on cannabis.

Other health risks

Cannabis use may increase the risk of testicular cancer and poor outcomes for pregnancy.

Mental health

In some people, particularly adolescents and young adults, frequent cannabis use may increase the risk for mental health problems like depression, anxiety and psychosis.

For more information visit
drugsafe.ca/cannabis

COMBINING CANNABIS WITH OTHER PRODUCTS INCREASES THE RISKS. USE WITH CAUTION.

Alcohol

When cannabis is combined with alcohol, it will impair your judgement, motor coordination and ability to make informed decisions. Keep them separate to reduce the risks.

Prescription Drugs

Cannabis may change how prescription drugs work. If you choose to use cannabis with them, speak to your doctor or pharmacist first. You can also call the Poison and Drug Information Service line at 1-800-332-1414 to obtain free and confidential information about mixing cannabis with other drugs.

Tobacco

Combining cannabis and tobacco may lead to increased exposure to harmful chemicals, causing greater risks to the lungs and increased risk of addiction to nicotine.

CANNABIS DOESN'T AFFECT EVERYONE EQUALLY. KNOW THE RISKS AND HOW TO AVOID THEM.

Safe Storage

Cannabis should always be stored in a locked area out of sight and reach of children and teens. Keep the product in the original packaging and keep it away from pets – ingesting cannabis can be harmful to animals.

Cannabis can make children very sick. If they eat or drink any cannabis products call the Poison and Drug information Service (PADIS) immediately at 1-800-332-1414. PADIS can be reached 24 hours a day, seven days a week.

Impaired Driving

If you choose to use, don't drive. Drugs can impair your ability to drive safely and increase the risk of getting into a collision. In fact, cannabis doubles your chance of a vehicle crash. Getting behind the wheel while impaired by drugs is not only dangerous, it's against the law. Trained police officers including Drug Recognition Experts can determine if you are under the influence of a drug and can charge you with impaired driving. You can have your license suspended, face fines, criminal charges, and even jail time. As cannabis affects everyone differently, the safest choice is to not use cannabis and drive, no matter how little cannabis you may have used.