



CANNABIS:

DID YOU KNOW????

The best way to protect your health is to not use cannabis.

<https://www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html>

Cannabis use is a personal choice, but it comes with short and long term risks to your health.

[Canada's Lower-Risk Cannabis Use Guidelines.](#)

Keep cannabis products in a safe place away from children and youth. If your child/youth accidentally eats or drinks cannabis, seek medical attention right away.

Using cannabis before 25 years of age can affect cognition, memory and attention and can cause long-term harm.

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/mental-health.html>

Driving while high is illegal in Canada. Cannabis can impair your judgment, reaction time, and increase your chances of being in a crash.

<https://www.canada.ca/en/services/policing/police/community-safety-policing/impaired-driving.html>

There is no known safe amount of cannabis use during pregnancy or breastfeeding. The safest approach is to not use cannabis.

https://www.beststart.org/resources/alc_reduction/RisksOfCannabis_A30-E.pdf

Avoid cannabis use if you are at risk for mental health problems.

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/mental-health.html>

Close to 1 in 10 adults who use cannabis will develop a dependency to it.

[cannabis addiction](#)

Consult with your health care provider if you are using cannabis to treat health problems to ensure that cannabis is an appropriate treatment for you.

<https://www.canada.ca/en/health-canada/topics/cannabis-for-medical-purposes.html>

Seek medical attention right away if you experience disorientation, shaking, shortness of breath and/or vomiting.

