



# CANNABIS HARM REDUCTION

1

## START LOW, GO SLOW

Begin with a low dose and wait for the felt effects before consuming more. Keep in mind that edibles can take up to 90 minutes for effects to be felt.

2

## CONSIDER APPROPRIATE TIME AND PLACE

The effects of cannabis (e.g., anxiety, paranoia) can vary according to your environment.

3

## CHOOSE LESS RISKY CANNABIS PRODUCTS

Choosing a lower potency THC or high CBD strain instead of THC concentrates (e.g., shatter) can help reduce harms.

4

## REDUCE THE AMOUNT AND FREQUENCY

Keep frequency down to the occasional weekday evening or weekend to reduce risk of unhealthy usage patterns and preserve a lower tolerance.

5

## CHOOSE SAFER METHODS OF CONSUMPTION

Safer methods include vaporization or food products, which mitigate some of the risks of smoking.

6

## AVOID HARMFUL SMOKING PRACTICES

If you choose to smoke, avoid deep inhalation or holding in the smoke for as long as possible. DIY smoking devices out of aluminum cans and other materials can be harmful.

7

## AVOID SYNTHETIC CANNABINOIDS (K2, SPICE)

Synthetic products are not regulated and cause severe side-effects. Using a regulated plant product is safer and creates a more predictable high.

8

## AVOID MIXING WITH ALCOHOL AND TOBACCO

Greening out is the worst. Consider drinking non-alcoholic beverages instead of alcohol when using cannabis to prevent dizziness and vomiting.

9

## CONSIDER YOUR RISK PROFILE AND FAMILY HISTORY

Risk factors to consider before using cannabis include family history of mental illness or substance use disorder. Avoid using cannabis if you're pregnant.

10

## ARRANGE ALTERNATE TRANSPORTATION

Plan ahead to have a designated driver, take a bus, or grab a cab.