

# CANNABIS: LOWER YOUR RISKS

## START LOW, GO SLOW

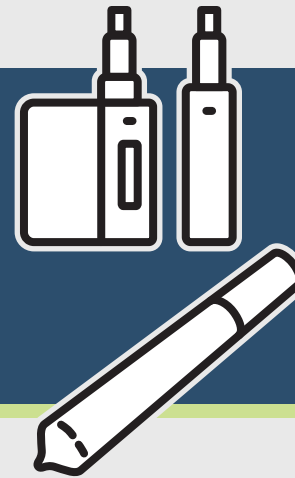
If you choose to consume cannabis, how much you consume and how quickly you consume can influence whether or not you experience adverse effects. Take your time to understand how your body reacts to cannabis as everyone's response is different. Until then, start low and go slow to minimize health risks and the risks of overconsumption.

Start with a low amount of THC and wait to feel the effects before taking more.



- ▶ Look for products that contain 2.5 mg of THC or less
- ▶ Effects felt within 30 minutes to 2 hours
- ▶ It can take up to 4 hours to feel the full effects

Remember, the total amount of THC in the package of edible cannabis can be up to 10 mg. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.



- ▶ Start with 1 or 2 puffs of a vape or joint with 10% (100 mg/g) or less THC
- ▶ Effects felt in seconds to minutes
- ▶ It can take up to 30 minutes to feel the full effects

The concentration (% or mg/g) of THC can be found on the label. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.

## WHAT ELSE SHOULD I KNOW?

Certain cannabis extracts like hash, kief, wax, or shatter contain a high concentration of THC. To minimize your risk, particularly if you are a new or occasional user, avoid using cannabis extracts as higher amounts of THC can cause greater levels of impairment and increase your risk of experiencing serious adverse effects.