

# 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.

Stay away from synthetic cannabis products, such as K2 or Spice.

Use cannabis in ways that don't involve smoking — choose less risky ways of using like vaping or ingesting.

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.

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.

Your actions add up. The more risky choices you make, the more likely you are to harm your health.

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.*



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# CANNABIS ON CAMPUS

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If you're thinking about using recreational cannabis, check out the safer use guidelines on the opposite side and make sure you're familiar with UBCO's policies and resources. Most policies align with provincial and federal regulations, but you may find some campus rules are more restrictive.

## Thinking about using cannabis on campus?

Vaping or smoking cannabis on campus is only permitted in the gazebos designated for tobacco and cannabis use.

### ...What about in residence?

- No smoking, vaping, or growing of cannabis plants is permitted in residence.
- Cannabis and any paraphernalia for preparing or consuming cannabis must be stored in your room in a sealed container and labelled as cannabis.

### How can I find out more?

- Check out [www.campushealth.ok.ubc.ca](http://www.campushealth.ok.ubc.ca) for the latest on cannabis policies, research, and education.
- If you're concerned about cannabis use, make an appointment or visit Health & Wellness, available in UNC 337 or at 250 807 9270.

### Want to get involved?

Talk to Campus Health about how you can:

- get involved with research related to cannabis on campus
- volunteer to raise awareness related to recreational cannabis use

Drop in at UNC 337 or phone 250 807 9271

For more information about cannabis in Canada, check out the following resources:

Government of Canada Cannabis Information site: [canada.ca/cannabis](http://canada.ca/cannabis)

Health Link BC Cannabis and Health Information site: [healthlinkbc.ca/health-feature/cannabis](http://healthlinkbc.ca/health-feature/cannabis)

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