

YouNeedtoKnow.ca

**Know the Law.
Know the Facts.**

Cannabis use and vaping are **illegal in all places** where smoking tobacco is banned.



The effects of **cannabis edibles** can take up to **2 hours or longer** to be felt. **Wait. Go slow.**



Cannabis use can have a negative **impact on brain** development in youth and **young adults.**



Choose **cannabis edibles** with **low THC. Start low. Go slow.**



Cannabis use during pregnancy or while breastfeeding can be **harmful to a baby.**



Keep **cannabis edibles locked up**, out of sight and reach of **children and youth.**



Impaired driving is **illegal** and increases the risk of a crash. **Drive sober.**



Avoid mixing cannabis and alcohol to lower **health risks** and **harms.**



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