

Topic of the month:

Legalisation of Cannabis

Side Effects of Cannabis



**DROWSINESS AND INCREASED
RISK OF FALLS**



IMPAIRED MEMORY



IMPAIRED DRIVING ABILITY



IMPAIRED SPEECH



ANXIETY AND MOOD SWINGS



**SMOKING CANNABIS MAY
RESULT IN HEART AND LUNG
DISEASE**



What You Need To Know

On *October 17, 2018*, the Cannabis Act came into force. The act provides a strict framework for the production, distribution, sale and possession of cannabis in Canada.

Who can possess recreational cannabis?*

Adults who are 18 years or older (*depending on province or territory*) are able to:

- possess up to 30 grams of legal cannabis, dried or equivalent in non-dried form in public
- share up to 30 grams with other adults
- purchase cannabis products from a provincial or territorial retailer
- grow up to 4 plants per residence (not per person) for personal use from licensed seeds or seedlings

**Each province and territory also has its own rules for cannabis. Be aware of your local provincial and municipal regulations.*

How does this affect access to medical cannabis?

Cannabis for medical purposes will continue to be legal if you are:

- authorized by a health care provider
- registered with a licensed producer or with Health Canada

What are some safety tips for use?

- Limit your use of cannabis
- Use products with low THC (*tetrahydrocannabinol- the substance that makes you high*)
- Avoid combining cannabis with alcohol, tobacco or other drugs
- Don't use cannabis and drive. Cannabis impairs your attention and ability to drive
- Cannabis might interact with some medications. Consult your pharmacist before using recreational cannabis.