

Take care with cannabis

If you choose to use cannabis, use it wisely



It only takes a **few seconds** for your lungs to absorb cannabis

Holding in the smoke can cause **pain & breathing trouble**

Holding it in increases the amount of toxic by-products in your lungs without greatly increasing the desired effect.



Avoid driving

for **3 hours+** after smoking or **6 hours** after eating cannabis



Regular & heavy use by teens may affect brain development with lifelong effects



Mixing with alcohol

can cause anxiety, vomiting & fainting

LAST YEAR



100 people went to the emergency department related to 4/20 in Vancouver in 2015. Most were sick after eating too much marijuana. The youngest was **15 years old**.