Take care with cannabis

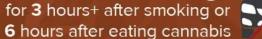
If you choose to use cannabis, use it wisely

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







Vancouver CoastalHealth

Mixing with alcohol

can cause anxiety, vomiting & fainting

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

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.

Visit www.vch.ca/cannabis