Strategies for safer cannabis use

- Know who you're buying from and use that same, trusted person each time, or buy from a dispensary
- Use infrequently and in small amounts
- Start with a small quantity first and give it time to see how it impacts you. IMPORTANT with edibles!
- Don't drive after using and wait at least 6 hours before driving again
- Avoid using alcohol and cannabis together
- Avoid using high potency cannabis (THC >10%)

The Wellness Resource Center