

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%)

**CHECK IN
ON YOUR
CANNABIS
USE**



COLORADO COLLEGE
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