

# 10 Harm Reduction Tips

When you're consuming cannabis, there are steps you can take to reduce any potential negative health, social and legal impacts — this approach is often called **harm reduction**. Use these tips to help minimize the risks associated with cannabis consumption.

## 1. Consider the time and place

Set yourself up for a positive experience by choosing the best time and place for you to consume cannabis.

## 2. Plan to get a ride

Always have a plan to get home safely. Driving while impaired puts everyone's safety at risk and is illegal. There's no scientific evidence that supports a limit safe for driving or how long you should wait to drive.

## 3. Find the right product for you

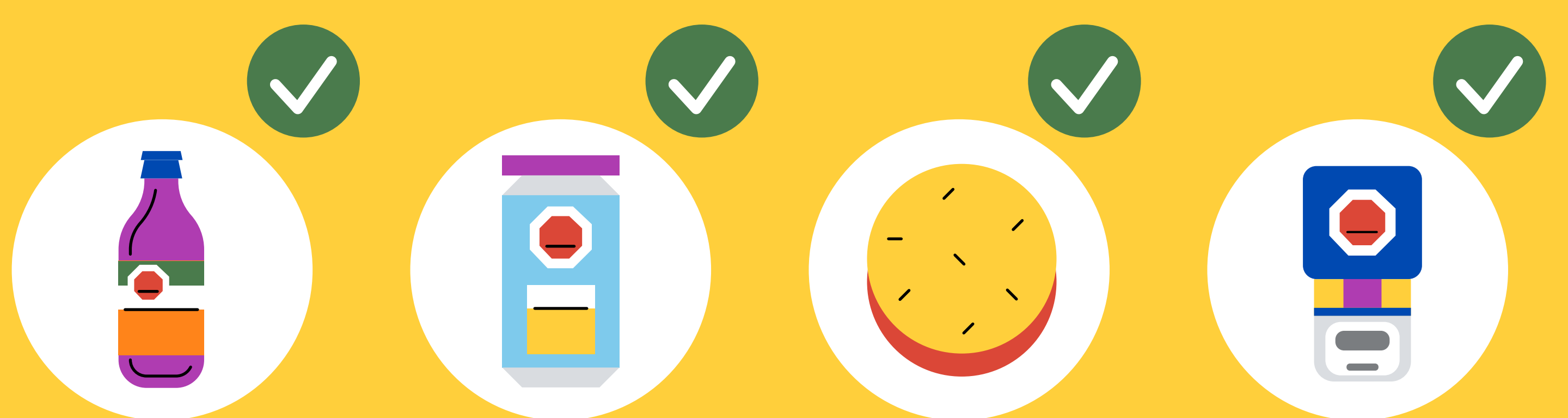
If you're a newer or less experienced consumer, consider avoiding high-potency products, such as cannabis concentrates, or choose those with more balanced amounts of CBD and THC.

## 4. Start low, go slow

Avoid overconsumption by starting with the lowest dose possible. Wait until you feel any effects before deciding to consume more.

## 5. Choose safer consumption methods

Smoking cannabis can pose health risks. Opt for methods with fewer risks, like ingesting edibles or inhaling using a dry herb vaporizer.



## 6. Use safer smoking methods

If you do choose to smoke, there's no need to inhale deeply or hold cannabis smoke in your lungs — it's a myth that these techniques increase the effects.

## 7. Reduce how much and how often you consume

Consuming daily may result in greater risk. Reduce the amount you consume or consider taking a tolerance break (a.k.a. a T-break).

## 8. Stick to one substance

Mixing cannabis with alcohol or tobacco can heighten your impairment. Cannabis can also interact with medications — always check with your doctor or pharmacist for possible adverse effects.

## 9. Consider other risk factors, including your health history

If you have a family history or genetic predisposition to mental health conditions, are under the age of 25 or have other risk considerations, you may be at a higher risk of experiencing harmful or uncomfortable effects.

## 10. Choose plant products over synthetic cannabis

Synthetic, lab-made cannabinoid products such as "spice" or "K2" are associated with severe health issues.