

Cannabis & Pregnancy

DO NOT MIX



The safest choice is not to use cannabis when pregnant or breastfeeding. It poses a risk to the fetus or newborn child. Using cannabis while pregnant may lead to a lower birth weight and may impact cognitive development.

DON'T DRIVE HIGH



Cannabis can impair your judgment and ability to react and increases your chances of being in a crash. If you choose to use, or co-use with alcohol, don't drive. Driving while high is illegal.



Cannabis & Alcohol **DO NOT MIX**



Mixing alcohol and cannabis can increase impairment and risk of injury. Be cautious about using the two substances at the same time.

START LOW GO SLOW



If you choose to use cannabis edibles, it can take up to 4 hours to feel the full effects of cannabis edibles and the effects can last over 12 hours.

