

# COVID-19 and CANNABIS

## How to reduce your risk



If you plan to use or are using cannabis, there are things you can do to help reduce the spread of COVID-19 and the risks to your health.



### Don't share joints, vaping devices, pipes or bongs.

- COVID-19 spreads through respiratory droplets released when people speak, cough or sneeze. You can pick it up if you put items contaminated by droplets — which can include joints, vaporizers, pipes and bongs — in your mouth or touch them and then touch your eyes, nose or mouth.



### Wash your hands before putting any cannabis product to your mouth.

- **Wash your hands** often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.



### If you plan to smoke or vape cannabis, know that it can negatively affect your lung health.

- Try to limit cannabis smoking or vaping to once a week, if possible.
- Avoid smoking or vaping cannabis if you feel sick.
- Avoid taking deep inhalations and try not to hold your breath.
- Use products that contain no more than 100 mg/g (10%) THC content.
- Follow **Canada's Lower-Risk Cannabis Use Guidelines** to reduce your risk of experiencing harms when using cannabis.



### Purchase your cannabis from licensed and regulated retailers.

- Purchasing cannabis from illegal sources has negative health and safety risks, as the quality of the product cannot be guaranteed and it can be contaminated with other substances (metals, pesticides, fungi, other drugs, etc.).



### Cannabis can interact with your medication and negatively affect your health.

- If you take medications, whether prescribed or over the counter, talk to your healthcare provider before using cannabis.
- If you are using cannabis for medical reasons, talk to your healthcare provider about your use during the COVID-19 pandemic.



Canadian Centre  
on Substance Use  
and Addiction

For more information, visit our COVID-19 resources page at

[www.ccsa.ca](http://www.ccsa.ca)