

Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)



Recommendations

- Cannabis use has health risks best avoided by abstaining
- Delay taking up cannabis use until later in life
- Identify and choose lower-risk cannabis products
- Don't use synthetic cannabinoids
- Avoid smoking burnt cannabis—choose safer ways of using
- If you smoke cannabis, avoid harmful smoking practices
- Limit and reduce how often you use cannabis
- Don't use and drive, or operate other machinery
- Avoid cannabis use altogether if you are at risk for mental health problems or are pregnant
- Avoid combining these risks

The LRCUG are an evidence-based intervention project by the Canadian Research Initiative in Substance Misuse (CRISM).



CANADIAN RESEARCH
INITIATIVE IN
SUBSTANCE MISUSE

INITIATIVE CANADIENNE
DE RECHERCHE
EN ABUS DE SUBSTANCE

Reference: *American Journal of Public Health*, 2017

The LRCUG have been endorsed by the following organizations:

ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION



CPHA + ACSP

CANADIAN CENTRE ON SUBSTANCE USE AND ADDICTION
CENTRE CANADIEN DE SANTÉ PUBLIQUE



Canadian Society of Addiction Medicine
La Société Médicale Canadienne sur l'Addiction

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Canadian Centre
on Substance Use
and Addiction

Centre canadien sur
les dépendances et
l'usage de substances

Evidence. Engagement. Impact. Données. Engagement. Résultats.

Council of Chief Medical Officers of Health (in principle)