

# 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

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

Centre canadien sur  
les dépendances et  
l'usage de substances

Council of Chief Medical Officers of Health (in principle)