

RISKS TO YOUR HEALTH

Using cannabis, particularly frequent and heavy use, puts you at risk of long-term health effects like:

- mental health problems,
- addiction and dependence, and
- reduced ability to concentrate, remember or recall, think and make decisions.

Some people are more at risk than others.

WHEN DRIVING:

Cannabis impairs your ability to operate a motor vehicle safely. **Never drive while impaired!**

Even if you don't feel high, using cannabis can:

- slow your thinking and reflexes, and
- affect your judgment, including judging distances.

It's always illegal and unsafe to drive impaired.



JUSTTHEFACTSPEI.CA

HELP IS AVAILABLE

For severe symptoms from cannabis use, such as disorientation, shaking, shortness of breath, paranoia, hallucinations, and/or vomiting, seek immediate medical assistance.

Call **9-1-1** right away to save a life.

Call **8-1-1 telehealth** for non-emergencies.

Call Addiction Services toll-free

1-888-299-8399 to get help with addiction.



CANNABIS AND PARENTING

*Just the facts about using cannabis
while parenting or around children*





WHEN PARENTING

Cannabis use may affect your ability to safely take care of your child.

Being high can result in:

- slower reaction times,
- impaired physical coordination,
- impaired ability to pay attention, concentrate, and remember, and
- feelings of sleepiness.

You may be less able to:

- identify cues that your child is hungry, needs to be comforted, or wants to play,
- make decisions, or
- react quickly to emergencies.

Be sure that there is always someone available who is not high to take care of your child.

PREGNANT OR NURSING

Although cannabis is a natural plant, that doesn't make it safe to consume during pregnancy. Everything mom consumes can pass to an unborn baby.

It is safest to avoid using cannabis when pregnant and breastfeeding.

We know that breastfeeding is the healthiest way to feed your baby – but, if mom is using cannabis it will pass into her breast milk and to her baby.

Cannabis can be stored in your baby's fat cells and brain for weeks – and has been linked to effects on children's behaviour and learning.

Babies exposed to cannabis through breast milk may also become drowsy and have a hard time latching properly.

Cannabis is also stored in the mom's body fat. The cannabis chemicals are released slowly over time, so "pumping and dumping" breastmilk after using cannabis does not eliminate risk of exposure to the baby.

If you need help to reduce or to stop cannabis use while pregnant or breastfeeding, contact your health care provider and/or Addictions Services at 1-888-299-8399.

KEEPING THEM SAFE AT HOME:

It is important that children do not eat cannabis – it can make them very sick. Second-hand cannabis smoke can be harmful, especially to young children.

Keep all cannabis products away from children:

- Store cannabis products in child-resistant packaging,
- Store in a locked area that a child cannot see or reach, and
- Do not eat or smoke cannabis products in front of children.
- Watch where you use cannabis; be aware that children learn from watching and doing what adults do.

Some cannabis products, like cookies or brownies, can look like a treat to a child. **If you think your child may have consumed cannabis, seek medical help right away. Signs and symptoms may vary and could take several hours to appear:**

- Anxiety,
- Difficulty breathing,
- Lack of coordination,
- Drowsiness, and
- Slurred speech.

DISCUSS ANY CONCERNS WITH YOUR HEALTH CARE PROVIDER.

**FOR THE INFORMATION YOU NEED ABOUT CANNABIS,
VISIT [JUSTTHEFACTSPEI.CA](https://www.justthefactspei.ca)**