



SASKATCHEWAN FEDERATION
OF POLICE OFFICERS

12th Annual Crime Prevention Guide

CANNABIS AWARENESS

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FROM THE PRESIDENT



As President of the **Saskatchewan Federation of Police Officers**, I am proud to introduce our **12th Annual Crime Prevention Guide** focusing on Cannabis Awareness. On behalf of the 1350 members of the SFPO we appreciate your continued support in the province of Saskatchewan.

Police across the nation have been busy since the Federal Government's decision to Legalize Cannabis. There were many issues that arose from legalization. Changes were made in the Criminal Code in relation to Impaired Driving. We need to ensure there are approved screening devices that work in climates across the country. And ensuring the dispensaries are properly regulated. Police Agencies continue to train Drug Recognition Experts across the country.

Police have worked with Federal and Provincial Governing bodies to ensure that officers have the proper training and equipment to enforce the new laws. Police are ensuring that this is properly regulated and that our youth of the country are not accessing Cannabis.

I want to take this time to thank you for your contributions and support. With the generous support of individuals, businesses, and corporations throughout the province, we are able to educate the citizens of the province on Cannabis Awareness.

Thank you for continuing to work together to build safe communities throughout Saskatchewan.

Casey Ward
President
Saskatchewan Federation of Police Officers



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The Saskatchewan Federation of Police Officers represents over 1,300 police personnel from six municipalities in Saskatchewan: Regina, Saskatoon, Prince Albert, Moose Jaw, Weyburn and Estevan. The SFPO is comprised of 8 police associations from each of those cities including senior officer associations in Regina and Saskatoon.



FROM THE PUBLISHER



*“Providing quality,
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organizations.”*

On behalf of the **Saskatchewan Federation of Police Officers**, I would like to take this opportunity to sincerely thank each and every contributor to our **Annual Telephone Appeal**, allowing this unique publication to be distributed to schools, libraries and public facilities and also available online at saskpolice.com, making it easily accessible to everyone.

The **Saskatchewan Federation of Police Officers** publishes these **Annual Crime Prevention Guides** to educate the public on important community concerns. This **12th Annual Crime Prevention Guide** focuses on **Cannabis Awareness**, to highlight potential challenges regarding the recent legalization of Cannabis in Canada.

This publication is made possible as a result of financial contributions from residents and business representatives throughout the province. With their generous support for the activities of the **Saskatchewan Federation of Police Officers**, SFPO is also able to give back to their communities through donations to various local charities and programs for youth.

Your comments or suggestions regarding these publications are always welcome and we look forward to speaking with you each year during our Annual Telephone Appeal.

Respectfully,

A handwritten signature in blue ink that reads 'Mark T. Fenety'. The signature is fluid and cursive, with the first name 'Mark' and last name 'Fenety' clearly legible.

Mark T. Fenety
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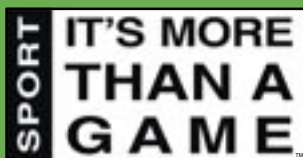
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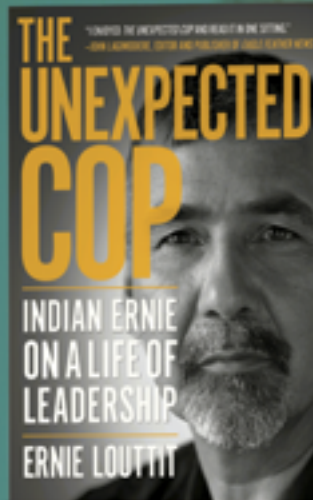
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SFPO IN THE COMMUNITY



Casey Ward with Former Public Safety Minister Ralph Goodale, Dr. Nick Carleton, Dr. Heather Hadjistavropoulos, Dr. Vianne Timmons (former President of the University of Regina) at the launch of PSPNET Internet Based Cognitive Behavioural Therapy. This was the launch of a \$10,000,000 grant to bring ICBT to Saskatchewan.



Casey Ward with Dr. Nick Carleton at the launch of PSPNET Internet Based Cognitive Behavioural Therapy in Saskatchewan.



The Canadian Police and Peace Officers' 42nd Annual Memorial Service was held in Ottawa on Sunday, September 27, 2019 to honour Canadian Police and Peace Officers who were killed in the line of duty.

<https://thememorial.ca/memorial>



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If they're driving high, it's a DUI

With the legalization of cannabis last year and the recent federal legalization of edibles, extracts and topicals, it's more important than ever for people to understand that driving under the influence of cannabis is the same as driving drunk.

Government is committed to working with its partners in policing to ensure that Saskatchewan's roads are safe and that our impaired driving laws are enforced consistently.

It's our duty to ensure that people understand the law and that our streets and highways are kept free of impaired drivers, so that everyone can get home safe.

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Cannabis...
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Know the risks.



MOOSE JAW POLICE ASSOCIATION



"Together We Make a Difference"

The MJPA has a strong relationship with Special Olympics athletes here in Moose Jaw and area. This year's 22nd annual golf tournament was able to raise \$2500 to continue supporting their efforts. We continue our partnership with them year-round through such sports as floor hockey, curling, bowling and bocce ball.

We continue to place an emphasis on supporting initiatives to engage children and youth. The MJPA once again hosted the "Cops and Cookies" event

at two local elementary schools where we spent the day decorating Christmas cookies with students.

We also provide annual scholarships recognizing leadership, fairness and sportsmanship to a graduate at each of the five high schools in the city.

During Bicycle Safety Week this year, our members presented gift bags to children who participated in the online challenge to share their pictures, videos and artwork.



The Moose Jaw Police Association continues to be a proud supporter of our community!



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The Saskatoon Police Association thanked Blair Pellerin for his many years of service on the Association and the Pension Committee.



Protesters march on the Saskatoon Police Service headquarters in the wake of the death of George Floyd.



Members of the Saskatoon Police Association are proud to serve the diverse community of Saskatoon and take every opportunity to show their appreciation.



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PRINCE ALBERT POLICE ASSOCIATION



In the Community

The Prince Albert Police Association is very active in the community. Association members are involved in coaching all types of Youth Sports including, hockey, baseball, archery, fastball, lacrosse and gymnastics.

The Association has donated over \$7,000 dollars in sponsorship for the year. Hopes Home, KidSport, Terry Fox Relay for Life, Special Olympics and L'Ecole Des Petits Preschool have all been recipients. The PA Police Association made contributions through sponsorship of numerous tournaments and competitions in the city.

PA Police Association members have volunteered many hours through the Annual Law Enforcement Torch Run, River Runners and Shop with a Cop.



Prince Albert Police Association Kerriane Dawn Memorial Scholarship (\$750)

Kerriane Dawn was a special young lady whose life tragically ended in a drinking and driving accident. The purpose of this scholarship is to honour and remember the wonderful person she was.

Applicants are to be active members of their community and be respected individuals of high moral character.

This scholarship is awarded annually to a Carlton Comprehensive High School student.

Sgt. Troy Dumont presents Sofie Jones with the 2020 Kerriane Dawn Memorial Scholarship on behalf of the Prince Albert Police Association.



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PRINCE ALBERT POLICE ASSOCIATION



In the Community



PRINCE ALBERT RIVER RUNNERS

Ten youth from Prince Albert apply to participate in a 3-day river trip via canoe/kayak. The program includes 1 day of Team Building exercises, 2 days of CPR/First Aid training prior to the 3-day excursion. There are 2 trips held annually.

Active PA Association member S/Sgt Dave Schluff created the program in 2016 to provide the youth of Prince Albert an opportunity to interact with Police in a positive manner. Numerous PA Police Association members have volunteered their time to assist as Chaperones/Mentors. Members range from Police to By-Law to Dispatch.



"The Police are the Public and the Public are the Police"

Sir Robert Peel - 1829



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Cannabis

Cannabis is a psychoactive drug that is used for recreational and medical purposes.

Official Name - Cannabis

Street Name - Cannabis (marijuana, weed, pot, bud, green, herb or flower), hash, extracts (honey oil, phoenix tears, shatter), edibles

What is it?

Cannabis is a product of the cannabis sativa plant that is used for its psychoactive and therapeutic effects. It comes in many forms, including as dried flowers and leaves; hash; extracts, such as oil (e.g., honey oil, phoenix tears) and shatter; and edibles (e.g., candies, butter or baked goods).



Cannabis contains hundreds of chemical substances. More than 100 chemicals, called cannabinoids, have been identified as specific to the cannabis plant. THC (delta-9-tetrahydrocannabinol) is the main psychoactive cannabinoid and is most responsible for the “high” associated with cannabis use. Another cannabinoid is cannabidiol (CBD). CBD has little or no psychoactive effects, so you do not feel high. CBD counteracts some of the negative effects of THC.

Where does it come from?



The cannabis sativa plant is native to tropical and temperate climates but is cultivated around the world.

What does it look like?

Cannabis is the dried flower buds and leaves of the cannabis plant. Its colour ranges from grayish-green to greenish-brown and may contain seeds and stems. Hash is the dried, compressed resin of cannabis flower buds. It ranges in colour from brown to black, and it is sold in

chunks. Oil is made by boiling cannabis flower buds or resin in an organic solvent, which produces a sticky reddish-brown or green substance. The THC content of each variety of cannabis varies, although hash is generally more potent than the plant, and oil is usually the most potent form of cannabis.

Cannabis can be used in many different ways. For instance, it may be rolled into a cigarette (called a joint), mixed with and rolled into a joint (called a spliff), or packed into a pipe or bong and then smoked. Cannabis can also be vaped. The extracts (such as oil or shatter) are often dabbed with an oil rig pipe, called a dab rig. Cannabis may also be used as an ingredient in food.



Who uses it?

According to the **Canadian Tobacco, Alcohol and Drugs Survey**, 3.6 million (12 per cent) of Canadians used cannabis in 2015. Of that population, 24 per cent said they used cannabis for medical reasons.

How does it make you feel?

How cannabis affects you depends on:

- how much you use
- how often and how long you’ve used it
- whether you smoke, vape or eat it
- your mood, your expectations and the environment you’re in
- your age
- whether you have certain pre-existing medical or psychiatric conditions
- whether you’ve taken any alcohol or other drugs (illegal, prescription, over-the-counter or herbal).

People can have very different experiences with cannabis. Some may feel relaxed, lively, talkative, giggly and even euphoric, while others feel tense, anxious, fearful and confused. The kind of experience you may have can vary from one drug-taking episode to another, usually because of the amount taken, the method used and the frequency of regular cannabis use.

(continued)

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If you are struggling, please, tell
someone. You are the bravest
among us, and **even heroes need
help sometimes.**



White City

The physical effects of cannabis may include:

- red eyes
- dry mouth and throat
- irritated respiratory system (from smoking)
- increases in appetite and heart rate
- decreases in blood pressure, balance and stability
- drowsiness or restlessness, depending on the amount taken and individual response to the drug.

However, the therapeutic uses of cannabis are associated with its ability to regulate (and manage):

- nausea (e.g., for chemotherapy patients)
- appetite (e.g., for people with cancer or HIV/AIDS)
- pain (e.g., for people with multiple sclerosis, cancer-related pain or chronic pain that is not cancer-related)
- depressed mood and insomnia (e.g., for people who have chronic diseases).

How long does the feeling last?

When cannabis is smoked or vaped, the effect is almost immediate and may last several hours, depending on how much is taken. When it is swallowed, the effect is felt in about an hour and lasts longer than when it is smoked.

Although the high lasts only a few hours after smoking, THC is stored in fat cells and expelled from the body over a period of days or weeks. This is why drug tests for cannabis use can give a positive result long after the effects have worn off.

For more information about these risks and ways to avoid them, Canada's Lower-Risk Cannabis Use Guidelines may be helpful.

Is it addictive?

People who use cannabis regularly can develop psychological and/or mild physical dependence. People with psychological dependence may be preoccupied with using cannabis, and if they can't get it, they feel anxious.

After regularly using cannabis for a long period of time, people can develop physical dependence. If they stop using, they may experience mild withdrawal. Symptoms can include irritability, anxiety, upset stomach, loss of appetite, sweating and disturbed sleep. These symptoms generally last for about a week, but sleep problems may continue longer.

Is it dangerous?

Those who use cannabis should be aware of the health risks and take measures to avoid them. The following health risks are possible for anyone who uses cannabis heavily or regularly:

- problems with thinking, memory or physical co-ordination
- impairment, which can lead to serious injuries, including those from car accidents
- hallucinations, such as seeing, hearing, tasting, smelling or feeling things that do not really exist
- mental health problems, specifically if you or an immediate family member has had a mental health issue, like psychosis or an addiction to alcohol or other drugs
- cannabis dependence
- breathing or lung problems from smoking
- cancer from smoking
- problems during or after pregnancy, especially if cannabis is smoked

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Indica, Sativa, and Hybrid



You've most likely heard these terms before – but do you know what they mean? Cannabis is classified into two species: Indica and Sativa (don't worry, this science lesson has a point). In addition to those two, you can also have "blends" of the two in various proportions which are called Hybrids.

There are many differences between the anatomy of the two species: the way they are grown, how long they take

to flower and more – but one of the most important differences are the chemicals they produce, and what that means for consumers of those products. Below is a more detailed explanation of the 3 which should bring it to light.

Keep in mind that the possible effects below do not necessarily apply to all people. Your own unique biology, expectations, and history with cannabis will dictate how you react, in addition to your surroundings and settings.

Indica

Most Known for: having a physically sedating effect on the body

Often chosen for: quiet occasions, pre-sleep consumption, low impact activities at home

Looks like: short, stocky plants with broad leaves

Origin: India (although emerging research has suggested it may have actually originated in Afghanistan)

Sativa

Most Known for: cerebral effects

Often chosen for: physical activity, social gatherings and more active occasions

Looks like: tall, lanky plants with skinny leaves

Origin: regions close to the equator (Colombia, Mexico, Thailand)

Hybrid

Hybrids can inherit traits from both parent strains. Hybrids can be either Indica or Sativa dominant in their genetic makeup and effects. Each component can add something different to the overall experience. Strains can be created that allow the various properties of the two parents to combine with each other and create something different from either of the two strains on their own.



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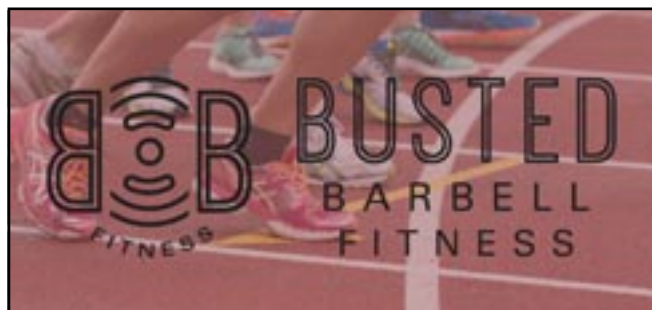
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What you need to know if you choose to consume cannabis

Disclaimer: This information should not be considered legal or medical advice. Consumers, patients and healthcare practitioners are encouraged to report side effects (adverse reactions) from cannabis products to the producer of the product. Side effects may also be reported to Health Canada's Canada Vigilance Program.

Cannabis use can cause adverse effects. Adverse effects can include rapid heart rate, dizziness, varying levels of anxiety, disorganized thoughts, memory loss, nausea, or vomiting. Serious adverse effects can also include psychotic episodes (abnormal behaviour, hallucinations, loss of touch with reality, and delusions), and seizures.

General info

Cannabis can be consumed in different ways. Two common ways are inhalation (smoking or vaping) and ingestion (eating or drinking). Each way carries different health and safety risks.

Everyone's response to cannabis is different, depending on sex, age, any pre-existing medical conditions, experience with cannabis, frequency of use, THC and CBD content, and consumption of food, alcohol, other drugs or health products. Everyone's response to cannabis can also differ from one time to the next.

THC causes the intoxicating effects (or "high") and the impairing effects, but it can also cause anxiety and other unpleasant and adverse effects. CBD is not intoxicating and may reduce some of the effects of THC; however, it does have an effect on the brain.

Regardless of the method of consumption (smoking, vaping, eating or drinking cannabis), avoid consuming with nicotine, alcohol, other drugs or health products. This can increase impairment and the risk of other adverse effects.

Store all cannabis (especially edible cannabis, which can be mistaken for normal food or drinks) securely and out of reach of children, youth, and pets.



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Don't drive high.

Consult a healthcare practitioner if you have any questions or concerns regarding cannabis use and your health, have a serious pre-existing medical condition, are taking any other drugs or health products, or are considering using cannabis for medical purposes.



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Inhalation

It can take seconds to minutes after consumption to begin to feel the effects, but 10 to 30 minutes to feel the full effects.

Effects can last up to 6 hours, and some residual effects could last up to 24 hours after use.

When cannabis is inhaled into the lungs, it is absorbed directly into the bloodstream and its effects are quickly felt by the brain and body.

To minimize risks or if you are a new consumer, look for a product with less than 100 mg/g (10%) THC, with equal or higher levels of CBD. It can take up to 30 minutes to feel the full effects from one inhalation. Consuming more within this time period can increase the risk of adverse effects.

Exercise caution when consuming products containing between 100 mg/g (10%) and 200 mg/g (20%) of THC. It can take up to 30 minutes to feel the full effects from one

(continued)

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Store all cannabis (especially edible cannabis, which can be mistaken for normal food or drinks) securely and out of reach of children, youth, and pets.

WHAT YOU NEED TO KNOW
IF YOU CHOOSE TO CONSUME CANNABIS

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Know the Health Risks of Cannabis



Mental Health

Daily or near-daily use of cannabis can contribute to dependence and mental health problems over time.



Driving

Cannabis can impair your motor coordination, judgment and other skills required for safe driving.



Respiratory Effects

Toxic and carcinogenic chemicals found in tobacco smoke are also found in cannabis smoke, and can affect the lungs and airways.



Pregnancy

Substances in cannabis are transferred from mother to child and can affect your baby. Not using cannabis if pregnant or breastfeeding is the safest option.



Edible Cannabis

Consuming too much THC can lead to over-intoxication, which includes intense anxiety, vomiting and symptoms of psychosis (paranoia).



Cannabis Extracts

Cannabis extracts with high THC content increase the risk of over-intoxication and addiction.



Stay Informed

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Does cannabis affect everyone the same way?

Everyone's response to cannabis is different, depending on sex, age, any pre-existing medical conditions, experience with cannabis, frequency of use, THC and CBD content, and consumption of food, alcohol, other drugs or health products. Everyone's response to cannabis can also differ from one time to the next. If you chose to use, follow Canada's Lower Risk Cannabis Use Guidelines.

Are there negative effects on my health if I consume cannabis?

Cannabis can cause impairment and other short-term effects. Every time cannabis is consumed it can:

- Impair your ability to drive safely or operate equipment by slowing your reaction time and reducing your physical co-ordination.
- Make it harder to learn and remember things by lowering your ability to pay attention.
- Affect your mood and feelings, and can cause confusion, anxiety fear or panic.
- Affect your mental health, and can trigger a psychotic episode. Long-term adverse effects include permanent harm to mental functioning and increased risk of depression and anxiety disorders.



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Can you “overdose” from consuming cannabis?

Consuming too much cannabis at a time can lead to symptoms of over-intoxication or “greening out”.

Symptoms of over-intoxication can include:

- severe anxiety and panic
- nausea and vomiting
- symptoms of psychosis (paranoia)
- respiratory depression
- chest pain
- rapid heartbeat

What should I do if I or someone I am with is ‘greening out’ (over-intoxicated)?

If you've consumed cannabis and are experiencing particularly unpleasant or harmful effects, immediately stop using it. Have someone stay with you in a warm, safe place, keep upright and drink plenty of water. It can take some time to recover. Seek medical attention or call Telecare 811 if you are concerned about your health.

Children are at the greatest risk of serious health effects from over-intoxication from cannabis, especially when eaten or drank because there are stronger and prolonged effects. Children may become uncoordinated, drowsy, unable to wake up, and have trouble breathing. Seek medical attention immediately or call Telecare-811 for all cases of accidental consumption of cannabis by children.

Store all cannabis (especially edible cannabis which can be mistaken for normal food or drinks) securely out of reach of children, youth and pets.

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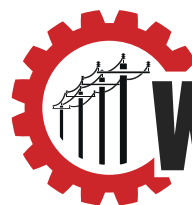
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Cannabis: lower your risks

Start low, go slow

If you choose to consume cannabis, how much you consume and how quickly you consume can influence whether or not you experience adverse effects. Take your time to understand how your body reacts to cannabis as everyone's response is different. Until then, start low and go slow to minimize health risks and the risks of overconsumption.

Start with a low amount of THC and wait to feel the effects before taking more.

Edible cannabis:

- Look for products that contain 2.5 mg of THC or less
- Effects felt within 30 minutes to 2 hours
- It can take up to 4 hours to feel the full effects

Remember, the total amount of THC in the package of edible cannabis can be up to 10 mg. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.

Smoking or vaping products:

- Start with 1 or 2 puffs of a vape or joint with 10% (100 mg/g) or less THC
- Effects felt in seconds to minutes
- It can take up to 30 minutes to feel the full effects

The concentration (% or mg/g) of THC can be found on the label. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.

What else should I know?

Certain cannabis extracts like hash, kief, wax, or shatter contain a high concentration of THC. To minimize your risk, particularly if you are a new or occasional user, avoid using cannabis extracts as higher amounts of THC can cause greater levels of impairment and increase your risk of experiencing serious adverse effects.

www.canada.ca

The effects of cannabis on young people's health

Cannabis affects the same biological system in the brain that is responsible for brain development.

Youth and young adults are more likely to experience harms from cannabis because their brains develop until about age 25. The earlier you start consuming cannabis, the more harm it can do.

Starting as a teen, consuming frequently (daily or near daily) and over a long time (several months or years) increases the risk of mental health problems. These problems include dependence and disorders related to anxiety and depression.

Frequent use of cannabis over a long time can also harm important aspects of your thinking, like learning and



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memory. Stopping use can help improve these deficits. However, some of these harms may persist for months or years, or may not be fully reversible.

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How Smoking Cannabis Affects Your Health

Chemicals In Cannabis Smoke
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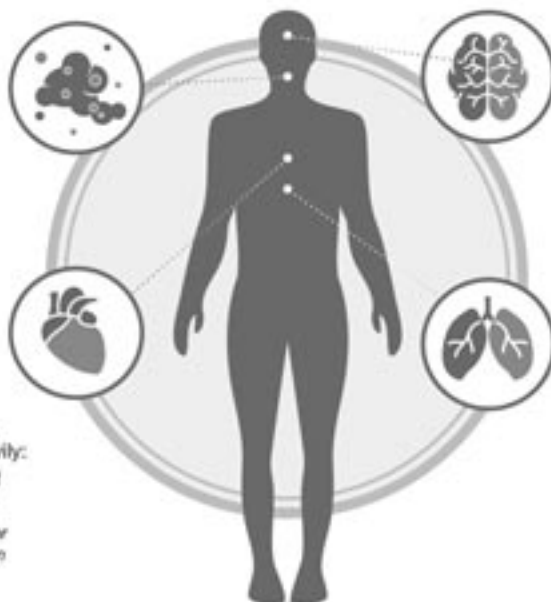
Effects on the Heart

- Impact on heart rate
- Impact on blood pressure

Among those who smoke cannabis regularly or heavily:

- Potential increase of risk for heart attack

Evidence is limited and further studies are needed to confirm this relationship.



Effects on the Brain and Blood Vessels
Among those who smoke cannabis regularly or heavily:

- Potential increase of risk for stroke

Evidence is limited and further studies are needed to confirm this relationship.

Effects on the Throat and Lungs

- Sore throat
- Hoarse voice
- Coughing
- Wheezing
- Tightness in chest
- Chronic bronchitis

If you have a history of heart-related illness, smoking cannabis may worsen your illness.

Quitting cannabis smoking can reverse some of the negative effects on lung and heart health.



Talk to your healthcare provider to learn how you can lower your risk of the harms from cannabis smoke and follow Canada's Lower-Risk Cannabis Use Guidelines.



To learn more about cannabis and its effects on your lungs and heart, see *Respiratory and Cardiovascular Effects of Cannabis Smoke*, part of our *Clearing the Smoke on Cannabis* series.

Visit ccsa.ca/cannabis and canada.ca/cannabis



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The Effects of Cannabis Smoking: What You Need to Know

The most common way of consuming cannabis is through inhalation. When cannabis is inhaled, the smoke is directly delivered into the lungs. From there, it is absorbed into the blood stream and its effects — feelings of euphoria, relaxation, difficulties concentrating and slowed reaction — are quickly felt by the brain and body. The effects can be felt within seconds to minutes, with full effects felt within 30 minutes and lasting up to six hours. Some residual effects can last up to 24 hours.

A misconception about cannabis is that it is harmless. It is thought that because it is a plant, the smoke it produces is safe. However, evidence indicates that cannabis smoke can negatively affect heart and lung health. If you are thinking of smoking or vaping cannabis, this is what you need to know:

1. **Cannabis smoke contains many of the same chemicals as tobacco smoke.** Both cannabis and tobacco smoke contain many of the same toxins, irritants and carcinogens that are known to be associated with heart and lung illnesses. When people who smoke cannabis, using a joint, a vaping device, a bong or a pipe, inhale more deeply and keep the smoke in their lungs for longer, this results in greater exposure to chemicals, which can provoke greater irritation of lung tissue.
2. **Smoking cannabis can negatively affect heart and lung health.** Smoking cannabis, especially among those who use cannabis regularly (weekly or more frequent use over months or years) or heavily (daily or more frequent use) can negatively affect the function of the heart, lungs and arteries. It is also believed that smoking cannabis can potentially increase the risk of stroke, heart attack and inflammation of arteries. More studies are needed to confirm these relationships, but caution should be taken, especially for people with underlying heart and lung conditions.

Studies have shown that smoking cannabis can negatively impact the health of lungs. This can result in symptoms such as chronic coughing, phlegm production, wheezing, sore throat, hoarse voice and tightness in the chest. Smoking cannabis long term can worsen these symptoms and lead to chronic bronchitis. The relationship between cannabis smoke and other lung diseases, such as lung cancer and chronic obstructive pulmonary disease (COPD), is currently unclear.

3. **Vaping unregulated cannabis has been linked with severe lung and pulmonary illnesses.** Recent evidence links vaping cannabis products purchased from the illicit market to severe lung and pulmonary illnesses. This is likely the result of high levels of vitamin E or other toxins that are present in cannabis oil cartridges purchased from the illicit market. Researchers are currently investigating the short- and long-term affects of vaping on health and if vaping cannabis is less harmful than smoking cannabis. Cannabis vaping products from legal, regulated retailers and producers in Canada are strictly regulated and assessed for quality and contaminants.

Quitting cannabis smoking can reverse some of the negative effects on lung and heart health.

For more information about cannabis and its effects on the lungs and heart, see CCSA's *Respiratory and Cardiovascular Effects of Cannabis Smoking*.

To learn more, visit ccsa.ca/cannabis and canada.ca/cannabis



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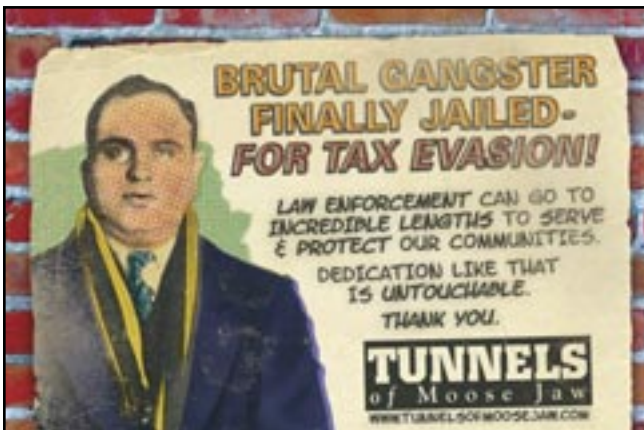
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7 Things You Need to Know about Edible Cannabis

What Is Edible Cannabis?

Edible cannabis products (edibles for short) are products containing cannabinoids that you eat or drink. Cannabinoids are chemical compounds found in cannabis that can affect your mind and body when consumed. THC (tetrahydrocannabinol) is a cannabinoid that makes an individual euphoric and intoxicated (or high). CBD (cannabidiol) is a non-intoxicating cannabinoid that might have some therapeutic benefit, although more research is needed to confirm its potential medical use. There is a wide range of edible cannabis products. Although some edible cannabis products might look like normal food items, they are not food and are not intended to provide any nutritional value.

Edible cannabis products provide an alternative method of cannabis consumption to smoking and vaping. If you are interested in trying edible cannabis, here are seven things you need to know.

1. Be Sure to Read the Label Carefully

Edible cannabis products vary widely in their appearance and ingredients, including how much THC and CBD they contain. Always read the label before ingesting edible cannabis. If you have never tried an edible before or are new to cannabis, **consume no more than 2.5 mg of THC and wait to feel effects before taking more.** It might also be worth doing a bit of homework to learn how THC and CBD affect your brain and body, and how these effects differ between inhalation and ingestion of cannabis. Keep in mind that some edible cannabis products might have expiry dates and ingredients that could cause allergic reactions.

Read the label carefully for concentration of THC and CBD, and instructions for use.

2. The Effects of Ingesting Cannabis Last Longer than Inhaling Cannabis

It takes a long time for your body to absorb the THC from edible cannabis and so the THC is present in your body for longer than after smoking or vaping cannabis. The effects of ingesting cannabis last longer compared to when cannabis is smoked or vaped. **The effects can last up to 12 hours, with residual effects lasting up to 24 hours.** If you are new to edibles or to cannabis, use these products in a place where you feel safe and comfortable, and with friends or family who are experienced in using them. If you plan to use edible cannabis at a friend or family member's

home, make travel arrangements ahead of time or plan to stay over. **Do not drive or operate heavy equipment after using cannabis.**

Clear your schedule because ingesting edible cannabis has long-lasting effects.

3. The Effects of Ingesting Cannabis Can Be More Intense than Inhaling Cannabis

For some people, the effects of edible cannabis can be **more intense than inhaling a similar dose of dried cannabis.** This intensity is partly because when you ingest THC, your liver turns it into a stronger form. With edible cannabis, both the THC from the original product and the stronger form of THC produced by your liver can influence the intensity of the high. Individuals who are new to edibles or cannabis should look at the THC content of the product and start with edible cannabis products containing **no more than 2.5 mg of THC.** It is best that your first few times using edible cannabis be with trusted friends or family members who have experience with them. If you or someone you know has consumed too much cannabis and is not feeling well, contact your local poison centre or seek medical attention.

Start low by eating a cannabis edible with no more than 2.5 mg of THC.

4. It Takes Time to Feel the Full Effects

With edible cannabis, the intoxicating effects or “high” do not kick in for **about 30 minutes to two hours and peak at about four hours.** The effects can last up to 12 hours after use and residual effects can last up to 24 hours, so you could be affected into the next day. This timing differs from smoking or vaping cannabis, where the effects start to be felt within a few seconds or minutes and peak at about 30 minutes. When you ingest edible cannabis, the THC first travels to your stomach and then to your liver, before making it to your bloodstream and brain. This process varies across individuals, making it difficult to predict when you will actually feel the full effects of edible cannabis. Because it can take up to four hours to feel the full effects, consuming more cannabis within this time period can result in over-intoxication. Over-intoxication can take the form of anxiety and panic, nausea and vomiting, and symptoms of psychosis (paranoia).

Be patient and go slow, ingesting edible cannabis with no more than 2.5 mg of THC at a time.

(continued)

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7 Things You Need to Know ... (continued)



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5. Be Sure to Properly Store Your Cannabis Products

Chocolates and brownies with cannabis in them look like chocolates and brownies without cannabis in them. In other words, they appeal to both adults and children. In fact, **unintentional ingestion of edible cannabis by children and pets** is more common than you might think, and **can lead to severe health problems**. If you have edible cannabis at home, including edibles you made yourself, be sure that they are properly labelled, stored in child-resistant containers that are re-sealed after use, and stored out of the sight and reach of children and pets. It is also a good idea to invest in a lockbox or to make your own. If you or someone you know has accidentally consumed cannabis and is not feeling well, contact your local poison centre or seek medical attention.

Be sure your cannabis products are properly labelled and stored.



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6. Cannabis Should Not Be Mixed with Alcohol or Other Substances

Alcohol increases the intoxicating and impairing effects of cannabis. Consuming cannabis and alcohol at the same time can **significantly raise your risk of over-intoxication and impairment**. As mentioned, cannabis over-intoxication can include anxiety, panic, nausea, vomiting and paranoia. To reduce the risk of these negative

experiences, stick to either cannabis or alcohol, not both. Also, avoid mixing cannabis with nicotine or any intoxicating substance, including stimulants ("uppers") and depressants ("downers"), as the mix can cause serious health complications. If you are taking or planning to take prescription medications, speak to a healthcare practitioner about whether cannabis interferes with them.

Avoid mixing cannabis with alcohol or other intoxicating substances.



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7. Regular Use of Cannabis Can Affect Your Mental Health

Daily or near-daily cannabis use increases the risk of dependence and can **bring on or worsen disorders related to anxiety or depression**. Regular use of cannabis products containing high levels of THC can **increase your risk of developing psychosis**, especially if you have a family history of psychosis or schizophrenia. These facts are meant to make you think of the risks associated with using cannabis and to help you make a more informed decision. To lower your risks of experiencing mental health problems, choose products with no more than 100 mg/g (10%) of THC for those that you inhale and no more than 10 mg of THC for those that you ingest. Limiting your use of cannabis can also reduce these risks.

Avoid daily or near-daily use of cannabis and choose products with lower levels of THC.

To learn more, visit ccsa.ca/cannabis and canada.ca/cannabis





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Edible Cannabis

Always read the label

Edible cannabis products vary in THC levels.
THC is the component of cannabis responsible for the psychoactive effects (the "high").

New to edible cannabis?
Start with no more than 2.5 mg of THC.

In Canada, packages containing edible cannabis products are legally limited to a **maximum of 10 mg of THC**.



10 mg total THC
2.5 mg per edible



2.5 mg THC
One edible



10 mg total THC
5 mg per edible



2.5 mg THC
Half edible



10 mg total THC
10 mg per edible



2.5 mg THC
Quarter edible

Start Low, Go Slow

The effects of edible cannabis can take up to 4 hours to appear and can last up to 12 hours, with some effects lasting up to 24 hours.



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Cannabis: Inhaling vs Ingesting

To lower your risk of the harmful effects of cannabis, you need to understand the differences between the two most common ways of consuming it.

INHALING

— smoking or vaping —

Cannabis smoke or vapour delivers THC, the chemical that gets you high, into your lungs where it passes directly into your bloodstream and then your brain.



You will feel the effects from **seconds to a few minutes** of inhaling.

Full effects can peak within **30 minutes**.

Effects can last up to **6 hours after use**. Some residual effects can last up to **24 hours**.

INGESTING

— eating or drinking —

Edible cannabis travels first to your stomach then to your liver before getting into your bloodstream and brain. The liver converts THC into a stronger form and this combined with the THC from the original product adds to the intensity of the high.



You will feel effects within **30 minutes to 2 hours** of ingesting.

Full effects can peak within **4 hours**.

Effects can last up to **12 hours after use**. Some residual effects can last up to **24 hours**.

START OF EFFECTS



PEAK EFFECTS



LENGTH OF EFFECTS



TIPS FOR LOWER-RISK USE

- If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg/g (10%) THC content.
- Inhaling too much THC at one time or consuming more edible cannabis within 4 hours can lead to over-intoxication.
- Be sure to read the label carefully for information on the THC concentration.
- Using high-strength cannabis regularly – more than once per week – can lead to tolerance and dependence. Try to limit your use of these products.
- Avoid mixing cannabis with alcohol or other substances, which can lead to serious adverse health effects.



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Addiction to cannabis

Cannabis addiction can cause serious harm to your:

- **health**
- **social life**
- **school work**
- **work and financial future**

Contrary to popular belief, people **can** become addicted to cannabis. Continued, frequent and heavy cannabis use can cause physical dependency and addiction.

Some people can develop tolerance to the effects of cannabis. Tolerance is characterized by a need for larger doses of a drug to maintain the same effects. Tolerance can develop after a few doses. In some people, tolerance can eventually lead to physical dependence and/or addiction.

Addiction can develop at any age, but youth are especially vulnerable because their brains are still developing.

Some people are also more prone to becoming addicted than others. It's estimated that 1 in 3 who use cannabis will develop a problem with their use. It's also estimated that 1 in 11 (9%) of those who use cannabis will develop an addiction to it. This statistic rises to about 1 in 6 (17%) for people who started using cannabis as a teenager. If a person smokes cannabis daily, the risk of addiction is 25% to 50%.

Problematic cannabis use can include some or all of these behaviours:

- failing to fulfill major duties at
 - work
 - home
 - school
- giving up important social, occupational or recreational activities because of cannabis use
- consuming it often and in larger amounts or over a longer period than intended
- being unable to cut down on or control cannabis use

If you show most or all of these behaviours over a 12-month period you may have cannabis addiction.

Comparison with other substances

All substances that affect the mind carry their own set of risks and harms, some unique to the substance. The most well-established, long term harm of regular cannabis use is addiction. It is often difficult to compare risks and harms between substances. Nevertheless, based on what is currently known, the risk of cannabis addiction is lower than the risk of addiction to alcohol, tobacco or opioids. And, unlike substances such as alcohol or opioids where overdoses may be fatal, a cannabis overdose is not fatal.

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Cannabis poisoning

Accidentally consuming or consuming too much cannabis at a time can lead to temporary adverse effects, also known as cannabis poisoning. Cannabis poisoning is not generally known to be fatal. It can, however, be very unpleasant and potentially dangerous, sometimes requiring emergency medical attention and, in some cases, hospitalization. Children and pets are at greater risk of cannabis poisoning.

Symptoms can include:

- chest pain
- rapid heartbeat
- nausea/vomiting
- psychotic episode
- respiratory depression
- severe anxiety and/or panic attack

The higher the THC content in a product, the higher the likelihood of experiencing adverse effects/poisoning, especially if you are a first-time or inexperienced user.

It is also easier to be poisoned when ingesting (eating or drinking) cannabis compared to inhaling cannabis (smoking or vaping). This is because some of these products may be confused with similar non-cannabis products. It can also take much longer to feel the effects. The result is that people consume more before they feel the full effects.

When eating or drinking cannabis, it can take up to:

- 2 hours for you to start to feel the effects
- 4 hours for you to feel the full effects
- 12 hours for acute effects to subside

If you've consumed cannabis and are experiencing particularly unpleasant or harmful effects:

- stop using it
- seek immediate medical attention or call your local poison control centre

Note: If you have consumed cannabis, don't drive. There is no guidance to drivers about:

- how much cannabis can be consumed before it is unsafe to drive
- how long a driver should wait to drive after consuming cannabis

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Store all cannabis products safely, keeping them out of reach of children, youth and pets. This is particularly important for edible cannabis, which may be mistaken for regular food or drinks.



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Are you pregnant, considering pregnancy, or breastfeeding?

Do you know that the use of cannabis may not be safe for your baby?

While research still doesn't give us all the answers about the effects of cannabis or CBD on pregnancy and the baby's development, for now, the only safe amount of cannabis to use while pregnant or breastfeeding is zero.

Why take the chance?

There is not enough clinical evidence to accurately determine the benefits or risks of using cannabis while pregnant or when breastfeeding. Among other reasons, there aren't standard levels of THC (the main, active ingredient) in cannabis.

Pregnant and breastfeeding women may be hesitant to report if they use and how often they use cannabis, and it is very difficult to factor out the effects of also using tobacco while pregnant or when breastfeeding.

Until we have more definitive answers, not using cannabis or CBD during pregnancy or when breastfeeding is the safest option for you and your baby.

Fast Facts

Just because cannabis is legal doesn't necessarily mean it's safe to use during pregnancy or when breastfeeding.

- * Cannabis is the most commonly used recreational drug among pregnant women.

- * 70% of pregnant women believe there is a "slight risk" or "no risk" of harm from using cannabis once or twice a week during pregnancy.

- * There are over 400 active chemicals in cannabis, some of which may be harmful to your fetus.

- * THC crosses the placenta and may impact fetal development. THC also accumulates in breast milk, which may also affect your baby.

- * Cannabis potency has increased in the past 30 years. Today, a fetus is exposed to more THC (the main, active ingredient in cannabis). THC concentration was 3.2% in 1983, 13% in 2008, and averaged between 13 and 23% in 2016.

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MENTAL HEALTH

Chronic use is related to mild cognitive impairments and an increased risk of psychosis

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CANNABIS AND DRIVING

Cannabis can negatively affect driving performance and doubles the risk of collision



CANNABIS AND RESPIRATORY EFFECTS

Frequent cannabis smoking has been consistently related to a greater incidence of coughing and breathing problems



CANNABIS USE DURING PREGNANCY

Heavy use during pregnancy negatively affects children's cognitive functioning and mental health, and may increase the likelihood of future substance use



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Cannabis and driving



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Many drugs impair one's ability to drive. Depending on the drug type, it can reduce alertness, alter depth perception, impair concentration and attention span, slow reaction time, and affect motor skills and visual function. Many people think driving under the influence of cannabis is risk-free, and that drivers on cannabis are more cautious and driver slower. But studies show that cannabis can have a negative impact on driving, including reduced concentration and attention span, slower reaction time, and an altered perception of time and distance. Driving studies (simulated and on-road) showed drivers had increased variability in lane position, following distance and speed following cannabis use. Cannabis also affected driver ability to react to unexpected events, such as a pedestrian darting out onto the roadway.

(Source: *Clearing the Smoke on Cannabis Cannabis Use and Driving – An Update*. Canadian Centre on Substance Use and Addiction. Douglas J. Beirness, Ph.D., Senior Research Associate, CCSA, Amy J. Porath, Ph.D., Director, Research and Policy, CCSA.)

Mixing cannabis with alcohol greatly increases the negative impact on driving skills. A recent study comparing British Columbia roadside survey results with post-mortem data on fatally-injured drivers reported that cannabis use alone increased the risk of a fatal crash fivefold and that cannabis use, when combined with alcohol, increased the risk fortyfold.

(Source: *A comparison of drug use by fatally-injured drivers and drivers at risk*. D. Beirness & E. Beasley & P. Boase. Canadian Centre on Substance Use and Addiction, and Transport Canada. Proceedings of the 20th International Conference on Alcohol, Drugs and Traffic Safety, 2013.)

How risky is driving after cannabis use?

Estimates vary on the relative risk of crash associated with cannabis use. While there needs to be additional research in this area, studies and surveys over the past several years do indicate an increased risk of crash following cannabis use.

- A 2012 analysis showed that acute cannabis consumption doubled the risk of a fatal or serious injury crash.

(Source: M. Asbridge, J. Hayden & J. Cartwright, "Acute cannabis consumption and motor vehicle collision risk: A systematic review of observational studies and meta-analysis" (2012) 344 British Medical Journal e536.)

- A second 2012 analysis reported that cannabis consumption more than doubled the risk of a crash, and that the crash risk increased with the amount consumed and the frequency of use.

(Source: M. Li et al., "Marijuana Use and Motor Vehicle Crashes" (2012) 34 Epidemiologic Reviews 65, at 69.)

- A recent study comparing British Columbia roadside survey results with post-mortem data reported that cannabis use alone increased the risk of a fatal crash fivefold and that cannabis use, when combined with alcohol, increased the risk fortyfold.

(Source: *A comparison of drug use by fatally-injured drivers and drivers at risk*. D. Beirness & E. Beasley & P. Boase. Canadian Centre on Substance Use and Addiction, and Transport Canada. Proceedings of the 20th International Conference on Alcohol, Drugs and Traffic Safety, 2013)

Studies estimating the number of crash deaths attributable to cannabis are concerning.

- One study estimated that, in 2012, there were 75 cannabis-attributed crash deaths in Canada.

(Source: *The Impact of Cannabis on Road Safety in the Canadian Provinces: Estimates of Collisions, Casualties and Costs in 2012*. A. Wetlaufer et al., (Ottawa: Canadian Centre on Substance Abuse, 2016, at 13)

- Another study estimated that there were between 89 and 267 cannabis-related crash deaths in 2010.

(Source: *Crude estimates of cannabis-attributed mortality and morbidity in Canada - implications for public health focused intervention priorities* (2015) B. Fischer et al., 10 Journal of Public Health 1, at 2)

(continued)

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Does cannabis affect driving ability? *(continued)*

Rates of driving after cannabis use and related crash deaths and injuries may have increased in the last several years, as a result of rising usage rates of medical and recreational cannabis. The experience in Colorado and Washington, following the legalization of cannabis, also suggest an increased crash risk.

- The percentage of cannabis-positive drivers in fatal crashes in Colorado, which had been decreasing, increased following legalization, and that increase was higher than in those states which had not legalized cannabis.

(Source: S. Salomonsen-Sautel et al., "Trends in fatal motor vehicle crashes before and after marijuana commercialization in Colorado" (2014) 140 Drug and Alcohol Dependence 137, at 140. The authors also reported that there were no significant changes in the percentage of alcohol-impaired drivers in fatal crashes in either Colorado or the Non-Medical Marijuana States.)

- A Washington State study showed the percentage THC-positive drivers in fatal crashes approximately doubled in the year after recreational cannabis use was legalized.

(Source: B. Tefft, L. Arnold & J. Grabowski, "Prevalence of Marijuana Involvement in Fatal Crashes: Washington", 2010-2014 (Washington, DC: AAA Foundation for Traffic Safety, 2016), at 1.)

Researchers note, and MADD Canada recognizes, that the simple presence of cannabis does not mean a driver is impaired. However, roadside surveys often find levels of cannabis high enough to impact driving ability. A 2010 British Columbia roadside screening study, for example, reported the majority of cannabis-positive drivers found had THC levels over 40ng/ml. The authors noted that the readings point to cannabis use just prior to or while driving, and they concluded that the vast majority of cannabis-positive drivers had THC levels that impaired their ability to drive safely.

(Source: D. Beirness & E. Beasley, Alcohol and Drug Use Among Drivers: British Columbia Roadside Survey 2010 (Ottawa: Canadian Centre on Substance Abuse, 2011), at 12 and 13)

The Canadian Centre on Substance Use and Addiction estimates the annual cost related to cannabis-involved collisions in Canada to be \$658 million.

How common is cannabis use among drivers?

MADD Canada's statistical research has shown a growing incidence of driving after drug use. The number of fatalities involving drugs alone is double those involving alcohol alone. Cannabis, the most commonly-found drug, is present in almost half of the drug-positive fatal crashes.

In 2014, road crashes claimed an estimated 2,297 lives. Based on testing of fatally-injured drivers, MADD Canada estimates 1,273 (55.4%) of these deaths resulted from crashes in which an individual was positive for alcohol and/or drugs:

- 299 deaths, or 13%, occurred in crashes involving individuals who were positive for alcohol alone.
- 618 deaths, or 26.9%, occurred in crashes involving individuals who were positive for drugs alone.
- 356 deaths, or 15.5%, occurred in crashes involving individuals who were positive for both alcohol and drugs.

It must be emphasized that the figures document the presence of alcohol and/or drugs and not whether the individual was legally impaired. While research indicates that most of the alcohol-positive individuals were likely impaired or very impaired, there is no comparable information on the drug-positive drivers. However, it should be noted that the drug tests are designed to detect the recent use of psychoactive drugs that adversely affect driving skills, rather than metabolites that merely indicate use of the drug sometime in the past.

The prevalence of drug use among drivers is also reflected in recent studies and surveys.

- Statistics Canada's latest National Cannabis Survey (2nd quarter, 2018) indicated one in seven cannabis users (14%) reported driving at least once within two hours of using cannabis in the past three months, and one in 20 Canadians (5%) reported being a passenger in a vehicle driven by someone who had consumed cannabis in the previous two hours.
- A roadside survey conducted by Manitoba Public Insurance found that 10% of drivers tested positive for some form of drug (more than half of those tested positive for cannabis). Alcohol, by comparison, was found in 2.4% of drivers.
- A study of young people in British Columbia found that more than three-quarters of frequent users reported having been in a car or other vehicle when the driver (including themselves) had been using marijuana or other drugs.



(continued)



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Does cannabis affect driving ability? (continued)

What are the signs of cannabis impairment?

Cannabis intoxication may have both physical and behavioural signs.

Physical signs:

- eyes are red, watery or glassy;
- smell;
- dry mouth or shallow breathing; or
- rapid heart rate.

Behaviour signs of cannabis intoxication:

- delayed reaction time;
- paranoia;
- unfocused stares;
- poor coordination; or
- impaired judgement.

A person under the influence of cannabis may have both physical and behavioural signs of intoxication.

How long should you wait to drive after cannabis use?

It is hard to say exactly how long someone should wait after cannabis use before they drive. Everyone is different and the rate of dissipation can be affected by many things, such as how much was consumed and the potency of the cannabis.

Experts suggest waiting a minimum of four to six hours after cannabis use before driving. But that is the minimum, and everyone needs to understand there are a number of situations and scenarios that would require a longer wait time. New users, for example – people who aren't used to

consuming cannabis should wait longer. Users who have consumed a lot should wait longer. And certainly anyone who has combined cannabis with other drugs and/or alcohol should wait longer. We can't emphasize enough that there are many factors involved. If you don't feel right – if you don't feel sober – don't drive.

The safest option is to separate cannabis use from driving entirely. MADD Canada's recommendation is the same as it is with alcohol – if you know you're going to be consuming, don't drive. Plan ahead for a sober ride home – take an Uber, a cab, a designated driver or public transportation. Driving impaired – whether it's by cannabis, alcohol, or other drugs – is just not worth the risk.

What are the new laws and penalties for driving under the influence of drugs?

Bill C-46, passed in June 2018, established new federal laws and penalties around driving under the influence of cannabis and other drugs. Three new offences have been created in the Criminal Code of Canada:

- Driving with 2 nanograms (ng) but less than 5 ng of THC per millilitre (ml) of blood.
- Driving with 5 ng or more of THC per ml of blood.
- Driving with a combination of 50 milligrams (mg) of alcohol (or more) plus 2.5 ng or more of THC per 1 ml of blood.

Along with THC, these offences apply for any detectable levels of other impairing drugs, including cocaine, methamphetamine, LSD, ketamine and others.



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Federal Penalties for Drug-Impaired Driving

Penalties			
Charge	1 st Offence	2 nd Offence	3 rd Offence
<ul style="list-style-type: none"> Alcohol-impaired driving Having a Blood Alcohol Concentration (BAC) at or over 80 mg per 100ml blood within 2 hours of driving 			
<ul style="list-style-type: none"> Drug-impaired driving Having 5ng or more of THC per ml of blood within 2 hours of driving. Any detectable level of LSD, psilocybin, psilocin, ketamine, PCP, cocaine, methamphetamine, 6-mam within 2 hours of driving Having 5mg or more of GHB per 1 litre of blood within 2 hours of driving 	Mandatory minimum: \$1000 fine Maximum: 10 years imprisonment	Mandatory minimum: 30 days imprisonment Maximum: 10 years imprisonment	Mandatory minimum: 120 days imprisonment Maximum: 10 years imprisonment
Combination <ul style="list-style-type: none"> Having a BAC of 50mg per 100ml of blood + 2.5ng or more of THC per 1ml of blood within 2 hours of driving 			
Refusal to comply with demand for sample	Minimum: \$2000 fine		
Drug-impaired driving - Summary conviction <ul style="list-style-type: none"> Having over 2nd but less than 5ng of THC per ml of blood within 2 hours of driving 	Maximum \$1000 fine		
Impaired driving causing bodily harm	<ul style="list-style-type: none"> Summary conviction: Maximum 2 years imprisonment less a day Indictment: Maximum 14 years imprisonment 		
Impaired driving causing death	<ul style="list-style-type: none"> Indictment: Maximum life imprisonment 		
First offence + BAC of 80-119mg	Mandatory minimum \$1000 fine		
First offence + BAC of 120-159mg	Mandatory minimum \$1500 fine		
First offence + BAC of 160mg or more	Mandatory minimum \$2000 fine		

Provincial/Territorial Drugged Driving Laws

Provinces and territories have constitutional authority over highways and the licencing of drivers within their jurisdiction, giving them the ability to enact additional laws and sanctions to complement the federal impaired driving laws. Most jurisdictions, for example, have administrative licence suspension for drivers with blood alcohol concentrations (BACs) between .05% and .08%, and zero alcohol requirements for young drivers until age 21 or 22. In preparation for the legalization of cannabis, most provinces and territories updated their impaired driving laws and penalties to include specific measures to address

drug-impaired driving, including zero drug requirements for young drivers and commercial drivers, roadside licence suspensions for failure of a drug screening test, and mandatory education programming for offenders convicted of drug-related impaired driving offences. Provinces and territories also establish their own rules and regulations with respect to how and where cannabis is sold, legal age of purchase, purchase limits, if and where it can be publicly consumed, etc. Please check your provincial or territorial government web site for details on the new drug-impaired driving laws and various cannabis in your jurisdiction.



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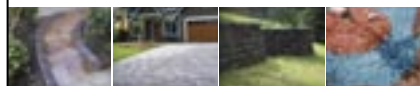
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Does cannabis affect driving ability? (continued)

How do police test for cannabis use in drivers?

If police have reasonable suspicion that a driver has drugs in his or her body, the police can demand the driver complete a standardized field sobriety test (SFST) or provide an oral fluid sample (oral fluid testing devices are newly authorized for use by police as part of the Bill C-46 legislation). If the driver fails the administered test, the police can then demand a drug recognition evaluation (DRE) by specially trained officer or demand a blood sample for testing. As with testing for alcohol impairment, the first screening test is done at roadside (SFST or oral fluid screening tests) is not evidentiary and cannot be used as grounds to lay a charge or used as evidence in a criminal trial. Failure of the initial test gives police the grounds to demand a second, more sophisticated test. Failure of the secondary testing process provides grounds to lay a Criminal Code impaired driving charge.

Can I fail the test hours or days after consuming?

"I have heard that traces of cannabis can stay in your system for a long time, even after the impairing effects are gone. Does that mean I could fail the test hours or days after consuming?"

It is true that traces of cannabis can stay in one's system for quite some time after consumption. While a background haze of THC may persist after use, the roadside oral fluid screening devices are set to a 25 nanograms threshold, which is significantly higher than the legal driving limits. In order to fail the roadside oral screening test, a driver must have above 25 nanograms per millilitre of THC in his or her oral fluid. Readings at this level are indicative of very recent use or a high level of impairment. Setting the screening devices to fail at 25 nanograms or higher reduces the risk of false positives, helping ensure that only those drivers who have recently used or are grossly impaired fail the test. The oral fluid test is only a screening test and cannot be used as evidence in a criminal trial; rather, those drivers that fail an oral fluid test will then be required to do a second evidentiary test, which can be used as evidence. It should also be noted that police will need reasonable suspicion that a driver has drugs in his or her body to demand a driver take the roadside oral fluid screening test in the first place. This remains a concern for medical cannabis users, whose trace cannabis levels will be higher than the recreational user. MADD Canada's recommendation, as it is for users of other prescription drugs which may impact driving ability, is to always consult

with the prescribing doctor and follow their advice on if and when it is safe to drive after taking the drug.

Snapshot of Canadian Cannabis Use and Driving after Cannabis Use

Statistics Canada's latest National Cannabis Survey provides a look at the rate of cannabis use among Canadians, as well as the rates of driving after cannabis use and riding with a driver who has recently used cannabis.

- About 4.6 million Canadians aged 15 years or older (16%) reported using cannabis in the previous three months. Males reported using cannabis in the previous three months slightly more often than females (19% compared to 12%).
- One in seven cannabis users (14%) reported driving at least once within two hours of using cannabis in the past three months. Males were nearly two times more likely than females to drive after cannabis use.
- One in 20 Canadians (5%) reported being a passenger in a vehicle driven by someone who had consumed cannabis in the previous two hours. Individuals aged 15 to 24 years old were more than twice as likely to be passengers with potentially impaired drivers than people over 25 years of age.
- People were more likely to drive after cannabis use or ride with someone who had used cannabis if they themselves were cannabis users. Twenty-five per cent of current cannabis users reported getting into a vehicle with a driver who had consumed cannabis recently, compared with 2% of non-users. Driving within two hours of using cannabis was more than four times as common among drivers who reported daily or almost daily cannabis use (27%) than it was among less frequent users (6%).

<https://madd.ca/pages/impaired-driving/overview/cannabis-and-driving/#3>






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Cannabis and the border

Cannabis is legal for adults in Canada. However, it is still illegal to transport cannabis and all products containing cannabis (including products containing CBD) across the Canadian border:

- no matter how much cannabis you have with you
- even if you are authorized to use cannabis for medical purposes in any form, including CBD
- even if you are travelling to or from an area where cannabis has been legalized or decriminalized

If you are entering Canada and you have cannabis with you in any form, you must declare it to the Canada Border Services Agency (CBSA).

Not declaring cannabis in your possession at the Canadian border is a serious criminal offence. Additionally, receiving or sending cannabis in any form into or out of Canada by mail or courier is also illegal. Unauthorized purchases from outside Canada (online or other) will be confiscated at the border. You could be arrested and prosecuted.



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Leaving Canada

It is illegal to take cannabis across the Canadian border, whether you are entering or leaving the country. You could be charged with a criminal offence if you try to travel to other countries with any amount of cannabis in your possession. This includes edible cannabis, cannabis topicals and cannabis extracts, as well as products containing CBD. This applies to all countries, whether cannabis is legal there or not.

Cannabis is illegal in most countries. If you try to travel internationally with any amount of cannabis, including CBD products, in your possession, you could face serious criminal penalties both at home and abroad. You could be denied entry at your destination country if you have previously used cannabis or any substance prohibited by local laws. You could also be denied entry to other countries in the future.

Canadians travelling to the U.S. for reasons related to the cannabis industry may be denied entry.

It is your responsibility to inform yourself about the laws of the country you intend to visit. This includes the legal status of cannabis use and possession in any country you may travel to.



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Travelling with cannabis within Canada

When you are travelling within Canada, if you meet the minimum age requirement of the province or territory you are in, you may possess up to 30 grams of dried cannabis or the equivalent.

You are responsible for learning the laws of the province or territory you are going to visit. If you use cannabis, follow the laws in that jurisdiction.

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How to choose cannabis products

Reading a Cannabis Product Label

If you're unfamiliar with cannabis packaging, understanding all the information on the label can be confusing. Find out what everything means and what to be aware of.



Health Canada strictly regulates the packaging and labelling requirements for legal recreational cannabis products. Therefore, licensed producers are required to share a lot of information about their product directly on the packaging. While this makes for a busy label, it's also one that contains all the information you need to understand what you are buying. And, because the labeling is consistent for every product, if you understand one, you'll understand them all.

Cannabis labels have many of the standard elements you'd see on any product such as barcodes and brand logos in addition to storage information and health warnings. There are also a few unique items that warrant special attention:

Strain Types



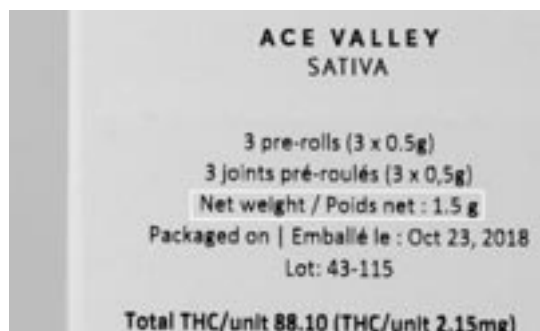
There are three main categories of cannabis strains: indica, sativa and hybrid. Each category has its own unique characteristics, which you can learn about here. Some cannabis labels may indicate what kind of strain category the product belongs to as well as the specific strain name given by the producer.

Packaging and Expiry Dates



Cannabis labels list the date that the cannabis was packaged. This packaging date is not indicative of when the product was harvested but rather when the finished product was placed and sealed in its final packaging. Expiry dates, which are directionally used to communicate the stability of the product in regards to potency, are not mandatory in Health Canada regulations, so some licensed producers will provide them, but many do not.

Product Weight



While the weight of the product on the label may seem self-explanatory, it's worth knowing that Health Canada does allow for slight weight variances in dried flower weight. The allowable variance is up to 10 per cent for products containing less than 2 grams, and 5 per cent for 2 grams or more. So, if you were to weigh your cannabis straight out of the package you may notice a slightly higher or lower amount than specified.



(continued)



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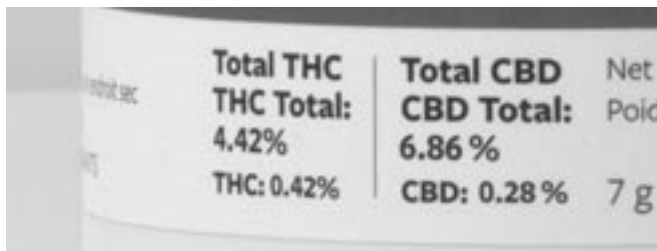
How to choose cannabis products *(continued)*

Warning Labels



Every product is packaged in child-safe, tamper-proof packaging to protect youth from the harms of cannabis. Additionally, because THC is intoxicating, the package for any product containing THC above 10 micrograms per gram, will feature a red icon to indicate the presence of THC and a message highlighted in yellow carrying a health-related warning.

CBD and THC Content



As the two cannabinoids primarily responsible for the effects of cannabis, CBD and THC content must be displayed on every product label. To help consumers make informed decisions, they are shown two ways.

What's the difference between the two numbers?

First, it's important to know that cannabinoids are only activated by heat over 150 degrees Celsius - a process called decarboxylation. So, in its natural state, cannabis has a low level of active cannabinoids. When cannabis is decarboxylated, either through heating or processing, its cannabinoid levels increase.

On package labels, the first numbers, listed as "THC" and/or "CBD", represent the active cannabinoid levels in the cannabis as purchased. Dried cannabis will have a low level of active cannabinoids because it hasn't been heated yet.

The second numbers are listed as "Total THC" and "Total CBD." These figures represent the active cannabinoid levels in the cannabis when ready for consumption. Because oil and capsule products have been processed (and the cannabinoids heated already), the second and first numbers will be the same between products.

Licensed Producer Information



Should you ever need to reach them, the licensed producer of every product must provide their name and contact details on the label, including an email address and phone number.

Each product also includes a lot number which refers to a specific harvest, or "lot" of products, which helps trace it back to quality control processes. Take note of the lot number if making a product inquiry.

Understanding cannabis labels is important for making an informed decision about products. While they contain a lot of information and feature some unique elements, the details are helpful once you know what they mean. Read labels carefully to find the information you need. More information about cannabinoids and their effects can be found in our Learn section.

Understanding Cannabinoid Content on Product Labels



If you are like most people, you want to understand the cannabinoid content in the products you consider. Every product is different in its variations and levels of cannabinoids, so it's a good thing that every product label must state its THC and CBD contents.

However, cannabis product labels can be difficult to understand because they list THC and CBD contents in two ways and use different units of measure depending on the product format.

So, how do you know what's in what you are buying? Read on to learn how to demystify cannabis product contents and labeling.

(continued)

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How to choose cannabis products *(continued)*

Every product label lists cannabinoid content levels two ways.



	SATIVA	TANGERINE DREAM	
Net Weight		Total THC	Total CBD
Poids Net:		THC Total:	CBD Total:
		14.99%	0.04 %
3.5 g		THC: 0.98%	CBD: 0.02 %

THC and CBD active content levels are expressed on labels in two ways and it's important to know the difference. The first reference is a base number, and the second is shown as a percentage. These are listed as "THC" and/or "CBD" and "Total THC" and/or "Total CBD" respectively.

What's the difference?

"THC" and **"CBD"** refer to the quantity of active cannabinoids contained in the product as purchased.

"Total THC" and **"Total CBD"** refer to the levels of active cannabinoids when the cannabis is prepared for consumption. The "Total" cannabinoid content numbers are most helpful in predicting the potential potency that the product may have when consumed.

When buying dried cannabis formats, there will be a difference between these two content numbers, but when purchasing oil or capsule products, the numbers will be the same. Read on to learn why.

Not all cannabis has fully activated cannabinoid content.

The cannabinoids in cannabis products are only activated through a process called decarboxylation. This is the process of heating the cannabis to a temperature of 150 degrees Celsius or more in order to "activate" the cannabinoids. Dried flower products are not fully activated when purchased, because they are heated in time for consumption. This means there will be a difference in the two numbers on the label for each listed cannabinoid, and typically, the first number will be considerably lower than the "total" number because it represents the inactive state of the purchased product.

In oil and capsule products, the cannabinoids have been activated through processing, and are ready for consumption. Therefore, the two numbers listing cannabinoid content on their packages will be exactly the same.

Every format has its own unit of measure for cannabinoid content.

All of the label content information is intended to be helpful and clear to consumers. To be precise about the cannabinoid content within each product, it is measured differently by format. Dried flower products list cannabinoid content in percentage relative to the total cannabis purchased. Pre-rolls and capsule content is measured in totals per unit, and oil content is listed in milligrams per milliliter.

To understand and compare the information on the different product formats, use the chart below. Understanding product labels and cannabinoid content will help you understand and compare products. Use our chart below as a quick reference guide.

DRIED FLOWER

Cannabinoid Unit of Measure

% - Percentage of total weight

Example:



THC 0.7%
Total THC 14.3%
CBD 0.0%
Total CBD 0.3%

Consumption Information

Sold before decarboxylation so the two stated levels of cannabinoid content will be different

"Total" cannabinoid numbers are the best way to determine the potency potential of the product



(continued)

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How to choose cannabis products *(continued)*

PRE-ROLLS

Cannabinoid Unit of Measure

mg/unit - Milligrams per individual pre-roll unit

Example:



THC 4.1 mg/unit
Total THC 146 mg/unit
CBD 0.43 mg/unit
Total CBD 26.8 mg/unit

Consumption Information

Sold before decarboxylation so the two stated levels of cannabinoid content will be different

“Total” cannabinoid numbers are the best way to determine the potency potential of the product
Eg. 146 mg/1000mg (1-gram pre-roll) = 14.6%

CAPSULES

Cannabinoid Unit of Measure:

mg/unit - Milligrams per individual capsule

Example:



THC 2.5 mg/unit
Total THC 2.5 mg/unit
CBD 0.3 mg/unit
Total CBD 0.3 mg/unit

Consumption Information

Sold in a fully active state, so the cannabinoid content levels will be the same

Each capsule contains a pre-defined amount of active cannabinoids.

The highest dose of THC in a single capsule allowed by Health Canada is 10mg

OILS

Cannabinoid Unit of Measure:

mg/mL - Milligrams per milliliter of oil

Example:



THC 10.3 mg/mL
Total THC 10.3 mg/mL
CBD 11.5 mg/mL
Total CBD 11.5 mg/mL

Consumption Information

Sold in a fully active state, so the cannabinoid content levels will be the same

Active cannabinoids are blended with “carrier” oils (like MCT) to produce a level of concentration- or potency. Since measurement information on droppers may vary, use caution when free-dosing oils

Products will differ in concentration, and the maximum allowable concentration in an oil is 30mg/mL

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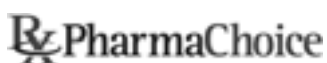
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A Guide to Cannabis for Older Adults

What Is Cannabis?

Cannabis, commonly called marijuana, pot or weed, is a product made from the cannabis plant. It is often used for non-medical purposes because of its intoxicating effects or the “high” it produces. Cannabis can also be used for medical purposes. However, for most health conditions, more research is still needed to determine whether it is effective. Cannabis contains over 100 chemical compounds called cannabinoids. The two best-known cannabinoids are:

- **Tetrahydrocannabinol (THC)** is the primary “psychoactive” component of cannabis. It is the ingredient in cannabis that produces the high. Research suggests that THC might have some medical benefits for certain health conditions.
- **Cannabidiol (CBD)** does not produce a high, but can cause drowsiness. Scientists are also studying CBD for its medical applications.

Cannabis comes in many forms, including dried cannabis, cannabis extracts and cannabis topicals. Edible cannabis products, commonly known as edibles, are cannabis-infused food (e.g., chocolate) and drinks (e.g., tea).

Did You Know?

Concentrations of THC in dried cannabis have increased over the past few decades. In 1995, dried cannabis contained about **4% THC**. Nowadays, it averages about **15–20% THC**.

Some cannabis extracts, called concentrates, can contain **more than 80% THC**.

There are also cannabis products that are made up mostly of CBD and contain only small amounts of THC.

Always read the label to check the amount and concentrations of THC and CBD.



What Can I Expect When Using Cannabis?

Cannabis affects everyone differently.

Smoking, vaping or eating cannabis products can lead to feelings of euphoria (happiness) and relaxation. It can also cause impairment, which can include:

- Concentration and memory problems
- Impaired motor skills and slower reaction time that can increase the risk of falls and injury

Cannabis can impair your ability to drive safely. Cannabis-impaired driving is illegal.

Consuming too much cannabis or cannabis with higher levels of THC can lead to over-intoxication. Symptoms can include:

- Anxiety, panic and elevated heart rate
- Nausea and vomiting
- Paranoia and psychosis (i.e., hallucinations and delusions)

If you or someone you know has consumed too much cannabis and is not feeling well, seek medical attention.



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A Guide to Cannabis for Older Adults

How Is Cannabis Used?

Cannabis can be inhaled, ingested or applied topically. Legally sold cannabis products will be marked with a label, which will have the amount of THC and CBD they contain and health warnings listed.



WARNING: The effects from eating or drinking cannabis can be long-lasting. The effects can last between 6 and 12 hours following use.

MISE EN GARDE : Les effets de la consommation de produits comestibles à base de cannabis peuvent être de longue durée. Les effets peuvent durer de six à douze heures après la consommation.

Can I Use Cannabis with Other Substances?

Using cannabis with other substances, including but not limited to alcohol, opioids and cocaine, can be dangerous to your health.

Smoking cannabis with tobacco can increase your exposure to harmful chemicals that can increase your risk of lung and heart disease.

If you choose to use cannabis, be aware of the risks of mixing cannabis with other substances.



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1

Inhalation

Dried cannabis and some cannabis extracts can be smoked in a joint, a pipe or a bong, or vaporized ("vaped") using an electronic vaporizer.

Effects can be felt within **seconds to a few minutes** and last up to **six hours** after use, with some effects lasting up to **24 hours**.

Start with no more than 100 milligrams per gram (10%) of THC and an equal or higher amount of CBD, and take no more than one or two puffs.

2

Ingestion

Edible cannabis products, such as cannabis-infused food and drinks, and cannabis oils are consumed through eating and drinking. Cannabis oral sprays and tinctures are extracts that are placed under the tongue or in the cheek.

Effects can take up to **four hours** to appear and can last up to **12 hours** after use, with some effects lasting up to **24 hours**.

Start with an edible that has no more than 2.5 milligrams of THC and an equal or higher amount of CBD.

3

Topical Application

Cannabis topicals such as oils and creams are applied to the skin, hair or nails. These products may be marketed for medical (managing pain, arthritis, etc.) and cosmetic purposes (skin, nail and hair care). Presently, there is no scientific evidence to support their effectiveness.

Avoid applying cannabis topicals to damaged or broken skin or getting any in the mouth or eyes.



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A Guide to Cannabis for **Older Adults**

What Are the Health Risks of Using Cannabis?

Daily or near-daily cannabis use can:

- Increase the risk of psychosis and schizophrenia;
- Worsen anxiety and depression; and
- Affect your memory, concentration and ability to make decisions.

Cannabis, when smoked regularly, can lead to sore throat, hoarse voice, coughing, wheezing, tightness in chest and chronic bronchitis.

Can I Use Cannabis If I'm Taking Medication?

Cannabis can interact with your medications and affect your health. Medications that can interact with cannabis include:

- Pain medications
- Heart medications and blood thinners
- Sleeping pills
- Anti-depressants and anti-anxiety medications
- Antibiotic and antifungal medications
- Allergy, cold and flu medications
- Heartburn medications
- Anti-seizure medications
- Drugs to treat HIV/AIDS
- ADHD medications

Talk to your healthcare provider if you're considering using cannabis for medical or non-medical purposes.



What are the Health Benefits of Cannabis?

Cannabis, in particular CBD, has gained attention for its potential medical applications for treating or managing health conditions such as chronic pain, difficulty sleeping, anxiety and depression. Although there is some promising evidence, not enough is currently known about the effectiveness of CBD.

Two cannabis-related drugs have been approved for managing certain medical conditions in Canada — Nabilone® and Sativex®. They are only available by prescription and might not be effective or suitable for everyone.

No other cannabis-related product, including fresh or dried cannabis, or cannabis oils, has been approved for therapeutic use and sale in Canada.



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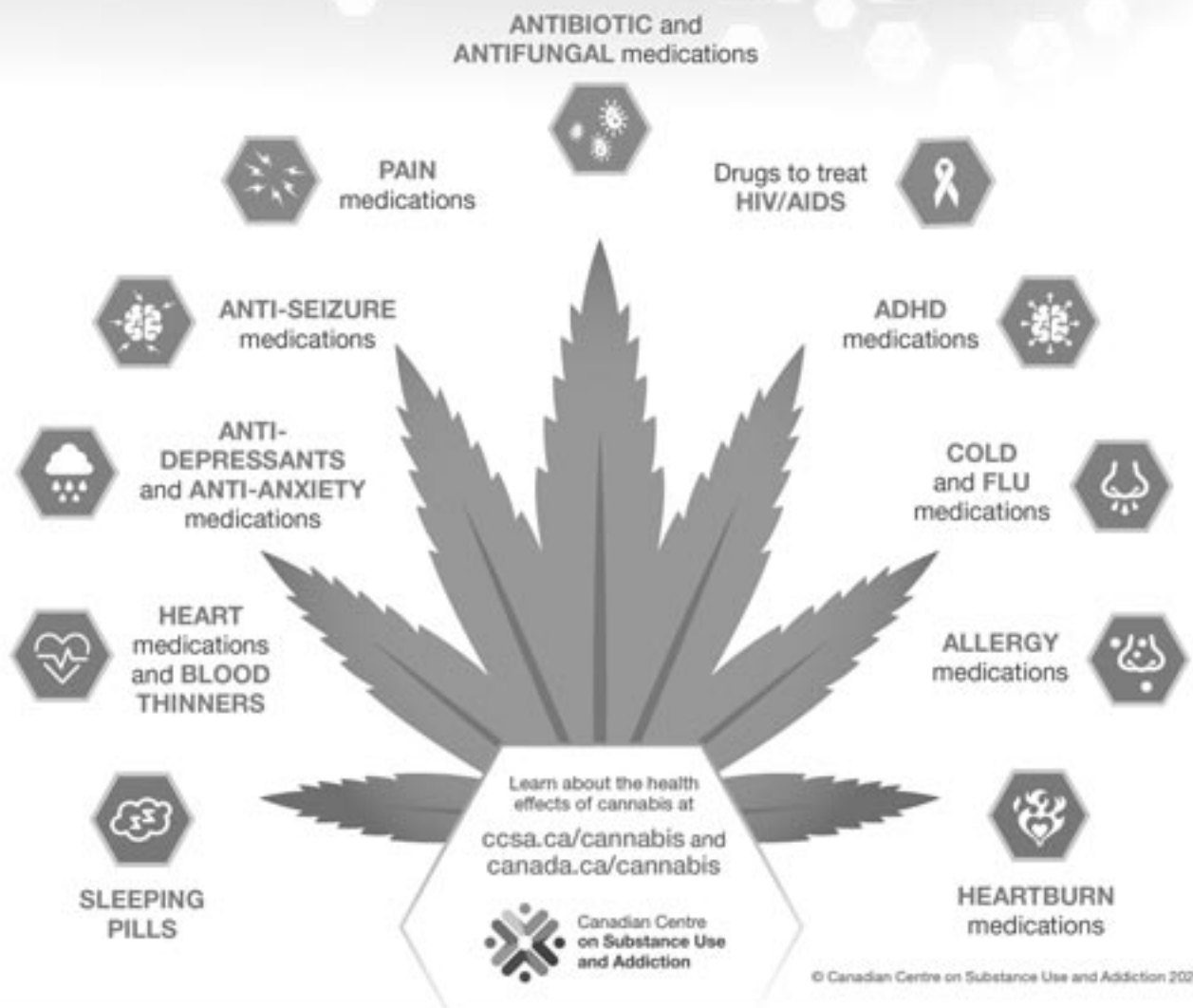
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Cannabis and Your Medication

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For more information, talk to your healthcare provider.

Medications that can interact with cannabis



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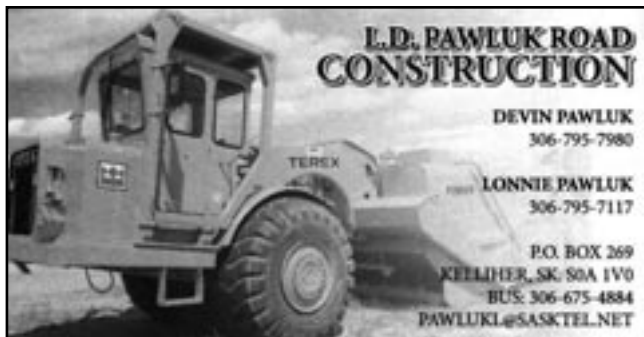
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Cannabis and Other Substances

Cannabis used with other substances can lead to negative impacts on your health.

ALCOHOL



Using cannabis with alcohol can increase your risk of **over-intoxication** and impair your ability to drive safely.

TOBACCO



Smoking cannabis with tobacco increases exposure to chemicals that can further your risk of developing lung and heart disease.

OTHER



Using cannabis with drugs (e.g., MDMA, cocaine, opioids, heroin, etc.) can lead to interactions that can be dangerous to your health.

Using cannabis with tobacco can increase the risk for dependence on these substances more than smoking either one alone.

If you choose to use cannabis, be aware of the risks of mixing with other substances.



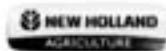
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Learn about the health effects of cannabis at
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COVID-19 and CANNABIS SMOKING

4 things you should know



Smoking cannabis can negatively affect lung health, which may worsen the symptoms of COVID-19.

What you should know:



1. Cannabis smoke contains chemicals that are known to negatively affect lung health.



2. Smoking cannabis regularly can cause coughing, wheezing and tightness in your chest. Long-term cannabis smoking can also cause chronic bronchitis.



3. Smoking cannabis can suppress the immune system, which can make you more prone to infection.



4. Vaping cannabis products that are purchased from the illegal market has been linked to severe lung illnesses and should be avoided.

Smoking cannabis does not prevent, treat or alleviate symptoms of COVID-19. It may even worsen symptoms that can put your health at risk.



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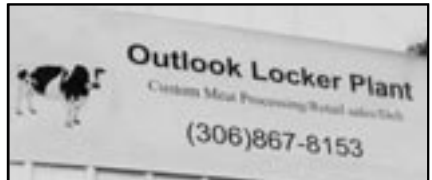


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How To Safely Store Your Cannabis



Labels on all cannabis products

- All legal cannabis products will have a label
- Make sure the label is always clearly visible
- If you make your own edible cannabis products, be sure to properly label them

Label examples



Store in child-safe containers

- All legal cannabis products must be in child-resistant packages
- Make sure they are appropriately re-sealed after use
- Consider investing in a lockbox



Keep out of reach and sight of children and pets

- Make sure you properly store and dispose of cannabis products in a place that is not easily visible and accessible by children or pets



Stay informed

ccsa.ca/cannabis
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Parents: Help your teen understand what's fact and fiction about marijuana

The following facts might be surprising

- Youth begin using marijuana around 15–16 years old
- Up to 10% of Grade 12 students reported using marijuana every day or almost every day

TEENS SAY, "IT'S JUST WEED"

Weed is natural
and so it's harmless

Everyone is using weed

Weed helps you focus

Weed makes you a
better driver; it's safer than
driving after using alcohol

Weed isn't addictive and
does not "consume" users

To learn more, read
*What Canadian Youth Think
about Cannabis*

BUT THE EVIDENCE SAYS

Early and regular marijuana use can
affect the developing teen brain and
is related to mental health problems

About 75% of youth aged 15–24
reported not using marijuana
in 2013

Regular marijuana use impairs
thinking, attention and memory

Marijuana use can impair driving
and is associated with an
increased risk of collisions

1 in 6 adolescents who use
marijuana will develop a
cannabis use disorder

To learn more, read
*The Effects of Cannabis Use
during Adolescence*

Talk to your teens about marijuana use



To help them make informed decisions, let them know that:

- Early and regular marijuana use can negatively affect their brain and behaviour
- Delaying initiation of marijuana use can help prevent these harmful effects
- If they need help, treatments are available—speak to your healthcare provider

To prepare yourself to have meaningful conversations with your teen, read the parent action pack at www.parentactionpack.ca

*The terms weed and marijuana are used interchangeably throughout this document. Youth used the term weed when discussing this substance.

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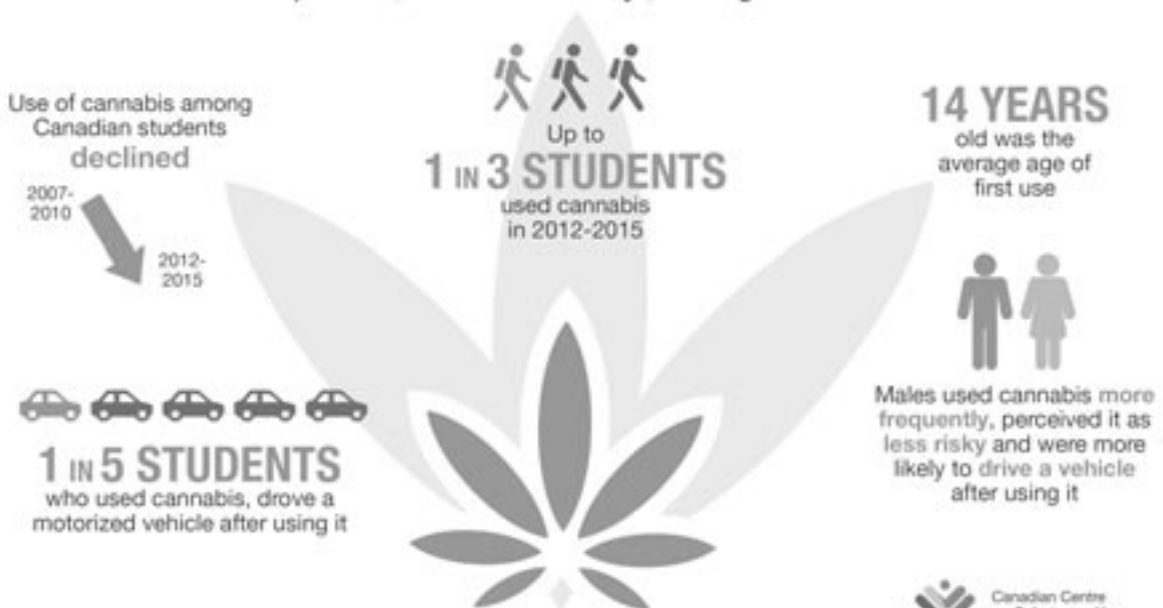
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Cannabis Use among Canadian Students

What you need to know about use among grade 7–12 students before legalization

Data from 5 provincial, and 2 national surveys, covering 2007–2015 tell us that:



To understand the impact of cannabis legalization on youth, we need to
continue collecting good data consistently across all provinces and territories.



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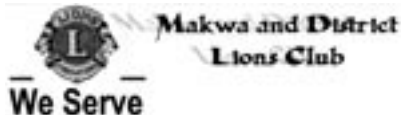
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Cannabis: Be Informed Rules in Saskatchewan



LEGAL AGE: 19

You must be at least 19 years old to purchase or consume cannabis in Saskatchewan.

CANNABIS AND DRIVING

There is zero tolerance for driving high. Consumption by a driver or passenger in a vehicle is also prohibited.



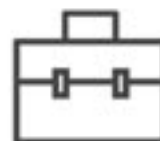
WHERE IT IS SOLD

Cannabis can only be sold through online and private stores that are regulated by Saskatchewan Liquor and Gaming Authority. Selling or buying illicit cannabis is still illegal.

POSSESSION LIMIT

Adults: The limit is 30 grams per adult in a public space.

Minors: People under age 19 are prohibited from possessing cannabis.



EDIBLES, TOPICALS AND EXTRACTS

Cannabis edibles (candies, baked goods, etc.), topicals (creams and lotions) and extracts (oils and concentrates) can only be purchased from private and online stores regulated by the Saskatchewan Liquor and Gaming Authority.

GROWING AT HOME

There is a four plant maximum per household. Renters or condo owners can only grow cannabis if allowed by their landlords/condo boards.



PUBLIC CONSUMPTION

Consuming non-medical cannabis in public places is illegal.

TRAVELING WITH CANNABIS

Outside Canada: It is illegal to take cannabis across the Canadian border. This applies to all countries, whether cannabis is legal there or not.

Inside Canada: Provinces and territories have different rules about cannabis use and age limits. Do your research before leaving Saskatchewan with cannabis.



Visit [Saskatchewan.ca/cannabis](https://saskatchewan.ca/cannabis) for more information, including resources to help answer your health-related questions about cannabis.

saskatchewan.ca/cannabis

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211 Saskatchewan. Information when you need, where you live.

REGINA LEADER POST AND SASKATOON STAR PHOENIX

JENNIFER JACOBY-SMITH

As originally published - February 11, 2019



Accessible by phone, text, website or webchat, 211 Saskatchewan connects you to human services, such as addiction services, domestic violence shelters, financial aid, child care and more.

Have you ever heard of 211 Saskatchewan? It's an easy to use database you can access from your mobile device, computer, or phone to connect with human services around the province. It's free, confidential and available 24/7, 365 days a year.

211 Saskatchewan started as a searchable website (sk.211.ca) in 2013, but last year it expanded to allow users to interact with trained professionals through a phone call, text message, or webchat.

The system boasts 5000 listings of social, community, non-clinical health, and government services throughout Saskatchewan. Phone help is available in 175 languages, including 17 Indigenous languages.

Seventy-two per cent of Canadians have full access to 211 (phone and online options) and Feb. 11 is marked as 211 Day across the country.

"It's really about helping people navigate," explains Kristin Nelson, director 211 Saskatchewan. "We know that systems can be quite complex. One of the benefits to 211 is that people don't need to know the name of an organization or program."

The searches are totally service-focused. For example, if someone is looking for childcare in Wakaw, the parameters can be entered and the result is a list of services right where the client lives.

But the service isn't just for those experiencing a need. It can be for professionals looking to make a referral or for individuals looking to help a loved one struggling with an issue.

For those on the front lines of emergency services – such as the Regina Police Service – it's allowed a more robust response to situations after the crisis has passed.

"It's taken our response to emergencies and everyday calls and to a much deeper ability to provide wrap-around support to those that we serve," explains Regina police chief Evan Bray.

When Bray first started policing, he wrote the number for Mobile Crisis on the back of his notebook to share with victims after the initial emergency has ended for follow up support.

continued



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211 Saskatchewan. Information when you need, where you live. *continued*

Now, he says, officers can connect people with 211, sometimes directly right at the moment. It's like having a trunkful of pamphlets on various programs and services in the city – warm-up shelters, domestic violence shelters, childcare or addiction services.

"I've been here my entire career. It's just night and day in terms of what our officers can offer people now in terms of supports," says Bray. He adds, he hears from officers regularly who have taken the time to explore supports available on 211 so they can be better informed and able to share when a need presents itself.

Don Meikle, executive director at EGADZ in Saskatoon, says a partnership with 211 Saskatchewan has helped to create a better resource for sex workers through the app I Am Not For Sale. The app provides sex workers with several features that can help locate them in an emergency.

The app links to the 211 database to provide information for services right in the community where users happen to be. As Meikle notes, sex workers can sometimes find themselves in unfamiliar territory and 211 Saskatchewan can connect them with resources close at hand in real time.

"It was really good that 211 Saskatchewan agreed to partner with us to help us to be able to do that for hard to serve individuals in the community," says Meikle.

211 Saskatchewan is an initiative of both United Way Regina and United Way of Saskatoon and Area, but the resources listed go province wide, something that's helpful for Jan Thorson's team at the Mobile Crisis Service.

As part of their services, Mobile Crisis also runs the Farm Distress Line which receives calls from rural areas all over the province.

"It is an absolute godsend for us. To be able to contact 211 and be able to find out if someone calling from Macoun, Sask., what's close to Macoun, what services are available?," says Thorson.

The confidential nature of the service also makes asking for help a little bit easier. Tracy Knutson is the executive director of STOPS to Violence. She's seen how difficult it can be to connect with the right services when experiencing abuse.

"Reaching out for help when you are experiencing violence of any sort can be intimidating or frightening – whether you are the person who is experiencing violence or the person who is using violence," Knutson says. "Most often, people just don't know where to call for help and when they start to look, (they) get overwhelmed trying to sort through what is available."

The expansion last year to include text, webchat and phone service with multi-lingual access increases the accessibility of the system, especially for those who don't feel comfortable talking in person.

Whatever the need, whatever the location, 211 Saskatchewan is able to connect people with services they need.

"It really comes down to the fact that when people can connect successfully to the services they're seeking, we can work together to build a stronger community," explains Nelson. "And that's what United Way is all about."



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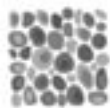
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Beauval	Beauval Health Centre	Lavoie St Beauval, SK S0M 0G0	Phone: 306-288-4800 Toll Free: 1-866-848-8022 Fax: 306-288-2225
Biggar	Biggar Hospital	501 1st Ave West Biggar, SK S0K 0M0	Phone: 1-866-268-9139 Fax: 306-948-3881
Birch Hills	Addiction Services Birch Hills Health Facility	3 Wilson Street Birch Hills, SK S0J 0G0	Phone: 306-749-3302 Fax: 306-749-2440
Black Lake	Youth Addiction Services Athabasca Health Facility	Box 124 Black Lake, SK S0J 0H0	Phone: 306-439-2649 Fax: 306-439-2079
Black Lake	Black Lake Health Centre	Box 162 Black Lake, SK S0J 0H0	Phone: 306-284-2020 Fax: 306-284-2036
Buffalo Narrows	Buffalo Narrows Health Centre	Box 40, 1491 Peterson Avenue Buffalo Narrows, SK S0M 0J0	Phone: 306-235-5800 Toll Free: 1-866-848-8011 Fax: 306-235-4500
Cabri	Prairie Health Care Centre	517 1st Street N Cabri, SK S0N 0J0	Phone: 306-778-5280 Fax: 306-778-5408
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Cumberland House	Pine Island Building	Box 218, Cumberland Street Cumberland House, SK S0E 0S0	Phone: 306-752-8767 Fax: 306-752-8764
Eastend	Wolf Willow Health Centre	Box 490 555 Red Coat Drive Eastend, SK S0N 0T0	Phone: 306-778-5280 Fax: 306-778-5408
Estevan	St. Joseph's Hospital	Box 5000 1176 Nicholson Road Estevan, SK S4A 2V6	Phone: 306-842-8665 or Toll free: 800-216-7689 Fax: 306-842-1261
Fond du Lac	Fond du Lac Health Centre	Box 280 Fond du Lac, SK S0J 0W0	Phone: 306-686-2003 Phone: 306-686-2077 Fax: 306-686-1863
Fort Qu'Appelle	Rural Addiction Services	Box 1819 Fort Qu'Appelle, SK S0G 1S0	Phone: 1-866-367-8743 Fax: 306-332-3322
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ADDICTION SERVICES - OUTPATIENT

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Hodgeville	Hodgeville Health Centre	Box 232 105 Main Street Hodgeville, SK S0H 2B0	Phone: 306-778-5280 Fax: 306-778-5408
Hudson Bay	Hudson Bay Hospital (for Porcupine Plain as well)	Box 940, 614 Prince Street Hudson Bay, SK S0E 0Y0	Phone: 306-752-8767 Fax: 306-865-3425
Humbolt	Humbolt District Health Complex	Box 1930 515 – 4th Avenue Humbolt, SK S0K 2A0	Phone: 306-682-5333 Fax: 306-682-4417
Ile A La Cross	St. Joseph's Hospital & Health Centre	Box 630 Ile A La Cross, SK S0M 1C0	Phone: 306-833-2016 Toll free: 1-866-848-8299 Fax: 306-833-2556
Kindersley	Kindersley Health Facility	1003 1st Street West Kindersley, SK S0L 1S0	Phone: 1-866-268-9139 Fax: 306-463-5520
Kipling	Willowdale Lodge	Box 420, 128 – 4th Street South Kipling, SK S0G 2S0	Phone: 306-842-8665 or Toll free: 800-216-7689 Fax: 306-842-1261
La Loche	La Loche Health Centre	Box 89, La Loche Avenue La Loche, SK S0M 1G0	Phone: 306-822-3200 Toll Free: 1-888-688-7087 Fax: 306-822-2274
La Ronge	Addiction Services La Ronge Health Centre	Box 6000, 227 Backlund Street La Ronge, SK S0J 1L0	Phone: 306-425-4840 Fax: 306-425-8514
La Ronge	Youth Mental Health & Addiction Services Kikinahk Friendship Centre	Box 6000, 320 Boardman Street La Ronge, SK S0J 1L0	Phone: 306-425-4840 Fax: 306-425-8570
Lanigan	Lanigan Integrated Hospital	Box 1060 36 Downing Drive Lanigan, SK S0K 2M0	Phone: 306-365-3400 Fax: 306-365-2099
Leader	Leader Hospital	Box 129 423 Main Street Leader, SK S0N 1H0	Phone: 306-778-5280 Fax: 306-778-5408
Lloydminster	Mental Health & Addictions Services	3830 – 43rd Avenue Lloydminster, SK S9V 1Y3	Phone: 306-820-6250 Fax: 306-820-6256
Maidstone	Community/Public Health Services	#8 – 120 – 1st Avenue West Box 629 Maidstone, SK S0M 1M0	Phone: 306-893-4868 Fax: 306-893-4488
Mankota	Prairie View Health Centre	Box 390 241 1st Avenue Mankota, SK S0H 2W0	Phone: 306-778-5280 Fax: 306-778-5408

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ADDICTION SERVICES - OUTPATIENT

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Maple Creek	Maple Creek Hospital	Box 1328 575 Hwy 21 South Maple Creek, SK S0N 1N0	Phone: 306-778-5280 Fax: 306-778-5408
Meadow Lake	Mental Health & Addictions Services	#3 – 711 Centre Street Meadow Lake, SK S9X 1E6	Phone: 306-236-1580 Fax: 306-236-4409
Melville	Saul Cohen Centre	200 Heritage Drive Box 164 Melville, SK S0A 2P0	Phone: 306-728-7320 Fax: 306-786-0556
Moose Jaw	Mental Health and Addiction Services (Outpatient and Day Program)	FH Wigmore Regional Hospital Moose Jaw, SK S6J 0C2	Phone: 306-691-6464 Fax: 306-691-6461
Moosomin	Rural Addiction Services	Box 1819 Fort Qu'Appelle, SK S0G 1S0	Phone: 1-866-367-8743 Fax: 306-332-3322
Nipawin	Nipawin Hospital	Box 389, 800 – 6th Street East Nipawin, SK S0E 1E0	Phone: 306-752-8767 Fax: 306-752-8764
Nokomis	Nokomis Health Centre	103 2nd Avenue East Nokomis, SK S0G 3R0	Phone: 306-365-3400
North Battleford	Mental Health & Addictions Services	1092 – 107th Street North Battleford, SK S9A 1Z1	Phone: 306-446-6500 Fax: 306-446-7343
North Battleford	Child and Youth Mental Health & Addiction Services	Don Ross Centre 891 – 99th Street North Battleford, SK S9A 1E9	Phone: 306-446-6555 Fax: 306-236-1400
Outlook	Outlook Health Centre	Box 369, 500 Semple Street Outlook, SK S0L 2N0	Phone: 1-866-268-9139 Fax: 306-867-2069
Pinehouse	Pinehouse Health Centre	Box 70 Pinehouse, SK S0J 2B0	Phone: 306-884-5670 Fax: 306-884-5699
Ponteix	Ponteix Health Centre	Box 600 428 2nd Avenue Ponteix, SK S0N 1Z0	Phone: 306-778-5280 Fax: 306-778-5408
Prince Albert	Addiction Services	101 – 15th Street East Prince Albert, SK S6V 6G1	Phone: 306-765-6550 Toll Free: 1-855-765-6550 Fax: 306-765-6554
Prince Albert	Cooperative Health Clinic (Methadone Assisted Recovery Program)	110 – 8th Street East Prince Albert, SK S6V 0V7	Phone: 306-763-6464 Fax: 306-763-2207
Prince Albert	Métis Addiction Council of Saskatchewan (MACSI)	334-19th Street East Prince Albert, SK S6V 1J7	Phone: 306-953-8250 Toll Free: 1-866-722-2155 Fax: 306-953-8261

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ADDICTION SERVICES - OUTPATIENT

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Regina	Child & Youth Addiction Services	1680 Albert Street Regina, SK S4P 2S6	Phone: 306-766-6700 Fax: 306-766-6944
Regina	Addiction Treatment Centre (Adult)	1640 Victoria Ave Regina, SK S4P 0P7	Phone: 306-766-6600 Fax: 306-766-7970
Regina	Methadone Clinic	1048 Albert Street Regina, SK S4R 2P8	Phone: 306-766-6350 Fax: 306-766-7327
Regina	Métis Addiction Council of Saskatchewan (MACSI)	329 College Avenue East Regina, SK S4N 0V9	Phone: 306-352-9601 Toll-free: 1-866-815-6515 Fax: 306-347-7902
Rosetown	Rosetown Health Centre	Box 1300, Hwy 4 North Rosetown, SK S0L 2V0	Phone: 1-866-268-9139 Fax: 306-882-6474
Rosthern	Rosthern Community Services	2014 – 6th Street Box 216 Rosthern, SK S0K 3R0	Phone: 306-232-6001 Fax: 306-232-4269
Sandy Bay	Outpatient Centre	Box 40 Sandy Bay, SK S0P 0G0	Phone: 306-754-5425 Fax: 306-754-2048
Saskatoon	Adult Addiction Services Sturdy Stone Building	Suite 156, 122 – 3rd Avenue N. Saskatoon, SK S7K 2H6	Phone: 306-655-7777 Fax: 306-655-4115
Saskatoon	Child & Youth Addiction Services	715 Queen Street, 2nd floor Saskatoon, SK S7K 4X4	Phone: 306-655-7777 Fax: 306-655-4115
Saskatoon	Methadone Clinic-Methadone Assisted Recovery Services	1611 20th Street West Saskatoon, SK S7M 0Z7	Phone: 306-655-0480 Fax: 306-655-0459
Saskatoon	Métis Addiction Council of Saskatchewan (MACSI)	335 Avenue G South Saskatoon, SK S7M 1V2	Phone: 306-652-8951 or toll- free 1-877-652-8951 Fax: 306-665-0703
Shaunavon	Shaunavon Hospital and Care Centre	Box 789 660 4th Street East Shaunavon, SK S0N 2M0	Phone: 306-778-5280 Fax: 306-778-5408
Shellbrook	Addictions Services Shellbrook Hospital	Box 70, 211 – 2nd Avenue West Shellbrook, SK S0J 2E0	Phone: 306-747-4275 Fax: 306-747-3004
Spiritwood	Spiritwood Health Complex	400 1st Street East Spiritwood, SK S0J 2M0	Phone: 306-883-4479 Fax: 306-883-4440
Strasburg	Strasburg and District	303 Edward Street Strasburg, SK S0G 4V0	Phone: 306-365-3400
Swift Current	Community Health Services	350 Cheadle Street West Swift Current, SK S9H 4G3	Phone: 306-778-5280 Fax: 306-778-5408
Tisdale	Tisdale Hospital	Box 1630, 2010 – 110th Avenue West Tisdale, SK S0E 1T0	Phone: 306-752-8767 Fax: 306-752-8764

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ADDICTION SERVICES - OUTPATIENT

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Twin Valley	Rural Addiction Services	Box 1819 Fort Qu'Appelle, SK S0G 1S0	Phone: 1-866-367-8743 Fax: 306-332-3322
Unity	Unity and District Health Centre	Box 741, Airport access road Unity, SK S0K 4L0	Phone: 1-866-268-9139 Fax: 306-228-2292
Wadena	Wadena Integrated Hospital	Box 10 433 – 5th Street Northeast Wadena, SK S0K 4J0	Phone: 306-682-5333
Wakaw	Wakaw Hospital	301 – 1st Street North Box 769 Wakaw, SK S0K 4P0	Phone: 306-233-4363
Watrous	Watrous Hospital	704 – 4th Street East Watrous, SK S0K 4T0	Phone: 306-365-3400
Weyburn	Community Health Services Building	Box 2003 900 Saskatchewan Drive Weyburn, SK S4H 2Z9	Phone: 306-842-8665 or Toll free: 800-216-7689 Fax: 306-842-1261
Whitewood	Rural Addiction Services	Box 1819 Fort Qu'Appelle, SK S0G 1S0	Phone: 1-866-367-8743 Fax: 306-332-3322
Wynard	Wynard Hospital/Golden Acres	300 – 10th Street East Wynard, SK S0A 4T0	Phone: 306-365-3400
Yorkton	Addiction Services	270 Bradbrooke Drive Yorkton, SK S3N 2K6	Phone: 306-786-0558 Toll-free: 1-888-989-8444 Fax: 306-786-0556
Yorkton	Crisis Assessment Team (CAT) Addiction Services	270 Bradbrooke Drive Yorkton, SK S3N 2K6	Phone: 306-786-0558 Toll-free: 1-888-989-8444 Fax: 306-786-0556

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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

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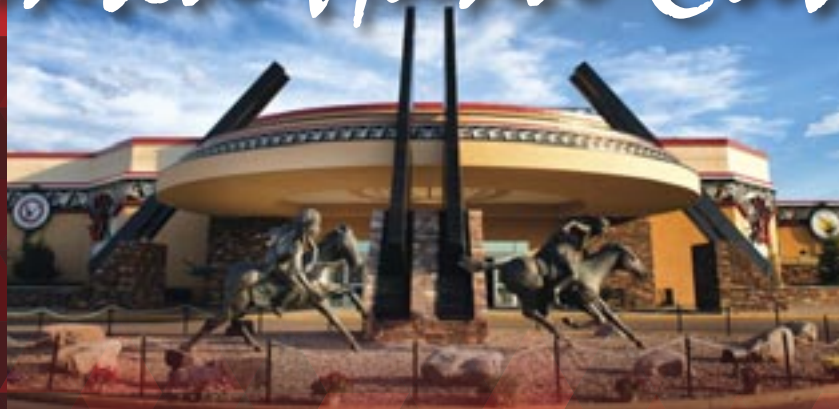
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