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

**Recommendations**

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

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


The LRCUG have been endorsed by the following organizations:

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

Council of Chief Medical Officers of Health (in principle)