

Thinking of attending 4/20? Here are a few things to consider.

**TIP # 1 Give your brain a break, try skipping 4/20 altogether.**

*More and more youth understand weed and developing brains don't go well together. Fewer and fewer BC teens are choosing to use cannabis – a 42% decrease between 2003 and 2013.*

**TIP # 2: If you go to 4/20, avoid eating cannabis food or candy.**

*Every year on 4/20, Emergency Rooms see many patients who overdosed (more than 100 at St. Paul's last year). Most of these people got sick from eating **cannabis edibles**. With edibles, it is difficult to control the dose. Effects don't start for hours. Unpleasant feelings can take hours to go away.*

**TIP # 3: If you have feelings that are bothering you, talk to someone you trust rather than taking a toke.**

*Worried or sad? Cannabis isn't the best medicine. Cannabis may increase anxious and depressed feelings.*

**TIP # 4: Pay attention to where you are and what's happening around you. Don't drive high.**

*Cannabis is NOT a performance enhancing drug. Reaction time and coordination are severely affected.*

**TIP # 5: Cute product names may not mean “Free from pesticides, chemicals, germs and mold”.**

*“Natural” doesn't always mean “Great”. Recreational cannabis isn't legal yet, so it's not regulated.*

**TIP # 6: If you have had too much cannabis, try to remain calm, stay hydrated, and eat something. Stay with friends in a safe place. The effects will wear off.**

*Too much cannabis may make you may feel anxious, nauseous, or faint.*

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