

Can I have cannabis in my vehicle?

- Cannabis cannot be within reach of anyone in a vehicle. A good rule of thumb is put it in the trunk of the vehicle.

Where can I get more information on cannabis and driving?

- Write to edt@gov.nu.ca.

Can I travel with cannabis and bring cannabis into Nunavut?

- A person over 19 may transport 30 grams of cannabis for personal consumption.

Where can I smoke cannabis?

- Know your local laws. You can't smoke in most public places.
- Additionally, you cannot smoke tobacco or e-cigarettes or consume cannabis in any form within nine metres of the following properties lines: schools; the grounds of a hospital, health centre, or public health office; the grounds of a place where child day care services are provided for money; a playground; an arena, sports or playing field; and a concert, feast, or other public event.

How far away from a building must I smoke cannabis?

- Guidelines for smoking in public places apply to cannabis smoking as well. The no-smoking buffer zone around work places and public places where goods and services are provided has increased from three to nine metres. Check with your hamlet or city council for local cannabis bylaws.

Can I smoke cannabis in my rented unit—private, staff housing or public housing?

- A tenant can smoke cannabis if the tenancy agreement allows smoking. However, damage resulting from smoking is not considered to be “regular wear and tear” in a unit—meaning, a tenant could have to pay to fix smoke-related damage.
- For multi-unit buildings, smokers must follow the new “smokers responsibility” provision in the legislation. This rule requires smokers to make sure that when they smoke—tobacco or cannabis—that it cannot be detected by sight or smell in the common areas of a multi-unit building (e.g. stairwells and hallways) or in neighbouring units if the neighbour does not consent.
- All tenants should speak with their landlord for clarification on smoking.

Can tenants cultivate (grow) cannabis plants in their rented unit?

- All tenants must abide by their tenancy agreement and should seek clarification from their landlord regarding cultivation. If cultivation is permitted, then the federal law applies—a maximum of four plants can be grown and legally purchased seeds must be used.
- Public housing tenants will be permitted to cultivate cannabis plants in their units, within the federal parameters—using legally purchased seeds and to a maximum of four plants. Public housing tenants will continue to be bound by their tenancy agreements and the *Residential Tenancies Act* with respect to tenant damage. Cultivation that leads to tenant damage will have to be addressed by a tenant and may result in financial penalties and other remedies under the tenancy agreement and the relevant legislation.

What is cannabis?

- Cannabis comes from a plant and can be prepared and used in many ways. The preparations of the cannabis plant generally fall into three categories:
 - **Dried** cannabis is made of the flower buds and leaves of the cannabis plant.
 - **Hashish** is made from the resin (a sticky substance) of the cannabis plant, which is dried and pressed into small blocks.
 - **Hash oil** is a highly potent form of cannabis that is processed so that it is very high in THC.

What are THC and CBD?

- **THC** stands for delta-9-tetrahydrocannabinol. THC is the main chemical responsible for the “high” or mind altering effects from cannabis.
 - The potency (concentration or strength) of THC in cannabis is often presented as a percentage of THC by the weight of a certain part of the plant.
 - Cannabis that contains very low amounts of THC in its flowers and leaves (less than 0.3 per cent) is classified as hemp.
- **CBD** stands for cannabidiol. Unlike THC, CBD is not psychoactive, meaning that it does not have mind-altering effects. CBD may block or lower some of the mind altering effects of THC. This may occur when the amount of CBD in the cannabis is equal to or higher than the amount of THC. Researchers are studying CBD for its potential therapeutic uses.

Health risks and harms

The long-term impacts of cannabis use may include:

- Increased risk of mental health illnesses such as anxiety, depression and psychosis, especially for people with a family history of these illnesses.
- Increased risk of developing an addiction to cannabis.
- Difficulties with memory, attention, concentration, thinking, and reasoning when cannabis is used every day.
- Breathing problems from smoking cannabis, like:
 - coughing
 - wheezing
 - shortness of breath
 - tightness of the chest
 - worsening of asthma symptoms
- Cannabis-related health problems can be made worse by using cannabis:
 - regularly at a younger age
 - more frequently (every day or almost every day)
 - in large amounts

Health risks for adolescents

- It is recommended that children and youth not consume cannabis or be exposed to second-hand cannabis smoke.
- Cannabis use impacts areas of the brain that are still developing until young adulthood (about 25 years of age). Cannabis use can cause changes to a young person's brain leading to problems with thinking, concentrating and emotions. These changes may be less likely to reverse if cannabis use started at a young age.
- Using cannabis often at a young age can increase the risk of developing psychosis or a psychotic disorder like schizophrenia.
- Cannabis use may also cause problems with learning and school performance.

Health risks for pregnant women

- It is safest for pregnant or breastfeeding women to avoid cannabis use. It may harm the baby. Cannabis use during pregnancy may lead to a lower birth weight of the baby. The main mind-altering chemical in cannabis (THC) can also accumulate in the breast milk of nursing mothers.

- Cannabis use during pregnancy can negatively impact the child throughout development, potentially leading to behavioural issues, difficulties with cognitive functioning, and increased likelihood of substance using behaviours later in life

Is it possible to overdose on cannabis?

- It is possible to take too much cannabis and feel sick. Heavy cannabis use can cause episodes of vomiting and stomach pain that may require medical attention. A common sign of this condition, known as cannabis hyperemesis syndrome, is that hot showers provide temporary relief.
- There have been no deaths associated with plant-based cannabis overdose. However, manufactured or synthetic cannabinoids (e.g., Spice and K2) can cause death.
- High doses of cannabis can result in intense emotions and sensations, including anxiety, panic, paranoia, psychosis and hallucinations.

Is it possible to become addicted to cannabis?

- Yes, it is possible to become addicted to cannabis. This is also called problematic cannabis use or cannabis use disorder. Some signs may include:
 - Failing to fulfill major duties at work, school or home.
 - Giving up important social, work, or recreational activities because of cannabis use.
 - Consuming cannabis often and in larger amounts or over a longer period of time than intended.
 - Being unable to cut down on or control cannabis use.
 - Having to use more cannabis to get the same result (also called tolerance).
 - Continuing to use despite negative consequences.
- If someone has used cannabis for a long time or uses it often, they may feel sick if it is suddenly stopped. This is called withdrawal. Some symptoms of withdrawal are anger, anxiety, depressed feelings, restlessness, sleep difficulties, intense cravings and decreased appetite.

Cannabis and tobacco

- Cannabis is not a safe alternative to tobacco. Cannabis smoke has many of the same chemicals as tobacco smoke. These chemicals can have a negative impact on health by causing respiratory issues and have been linked to cancer. People who smoke cannabis can risk greater exposure to harmful chemicals because they may inhale deeply and hold the smoke in their lungs for longer periods of time.
- In closed spaces, people exposed to second-hand cannabis smoke can sometimes exhibit mild but detectable drug effects, like impairment. Furthermore, non-smokers exposed to second-hand cannabis smoke can produce positive urine drug test results.

Reducing the risks

- Not using cannabis is the best way to prevent risk. If you are going to use cannabis, consider these guidelines to reduce your risk:
 - If you are going to use cannabis, try a small amount at first to test its strength. Wait for it to take effect before having more. This is especially important when eating cannabis, which may take longer—up to a few hours—to have a noticeable effect on the body.
 - Avoid cannabis products that have high THC content as these have been associated with greater health risks and negative health outcomes.
 - Avoid using synthetic cannabinoids (e.g., Spice or K2), since these are known to cause serious health problems, including death.
 - Do not operate a motor vehicle (e.g., car, truck, four-wheeler, skidoo, boat, etc.) after using cannabis.
 - Cannabis can impair decision-making, judgment, balance, coordination and reaction times. It is recommended that those who work in safety sensitive roles or who provide care to the public avoid cannabis intoxication while engaged in their workplace duties.
 - Avoid starting cannabis use at an early age. The later you begin using cannabis, the lower the risks of negative health outcomes.
 - Avoid smoked cannabis to prevent possible respiratory problems. If you are going to use cannabis, try to use a vaporizer or consume edibles instead.
 - Avoid daily or near-daily cannabis use. If you are going to use cannabis, once per week or less is recommended.
 - Avoid cannabis use if you or your family members have a history of experiencing mental illness or substance use problems.
 - Avoid using cannabis if you are pregnant or breastfeeding since cannabis use can have negative and lasting impacts on the developing fetus/child.
 - Avoid using cannabis with tobacco as this can increase health risks and respiratory problems.
 - Avoid using cannabis in combination with other recreational or prescription drugs, including alcohol.