

Guidance for Cannabis Use



Online cannabis sales at the Ontario Cannabis Store have tripled since COVID-19 prevention measures were introduced in Canada. Here are some ways you can continue to consume cannabis safely while reducing your risk of infection and illness.

- **Don't share joints, vapes, pipes or bongs.** COVID-19 spreads via respiratory droplets released when you speak, cough or sneeze and is also left on shared items such as forks and glasses — or joints, vapes, pipes and bongs. You may pick up the virus by coming into contact with contaminated surfaces, either by putting them in your mouth, or by touching them and then touching your mouth, nose or eyes.
- **Wash your hands often.** Frequent hand-washing with soap and water for at least 20 seconds is recommended. Remember to wash your hands before handling or preparing edible cannabis, and before and after smoking or vaping cannabis. When soap and water are not readily available, use an alcohol-based hand sanitizer.
- **If you're sick – don't smoke.** COVID-19 causes infections in the nose, throat and lungs. Since we know that over time, smoking cannabis can impact your lung health, it's best to take a break from smoking or vaping until you're feeling better.
- **Keep your distance.** Continue to practice physical distancing. Keep at least two metres or 6 feet between yourself and others when out in public. Do not get together to smoke or consume with others who do not live in your household.

Cannabis and Mental Health

Your cannabis use may increase as you experience stress, boredom, or changes in your daily routine due to COVID-19. These feelings are normal and need to be acknowledged. Continue to follow the [10 Ways to Reduce Risks](#) to your health when using cannabis. If you feel your use is increasing beyond your comfort level, seek help. The government of Canada recently opened a new portal for mental health and substance use assistance at [Wellness Together Canada](#). You can find free resources, online courses, and confidential chat or phone sessions with trained professionals to help you deal with the extra stresses during COVID-19.

Resources/Sources

Government of Ontario COVID-19 Resources:

[ontario.ca/page/2019-novel-coronavirus](https://www.ontario.ca/page/2019-novel-coronavirus)

[Ontario Cannabis Store](#)

Government of Canada [Wellness Together Canada](#)

Centre for Addiction and Mental Health (CAMH)

[Lower risk cannabis use guidelines](#)

[10 ways to reduce risks to your health when using cannabis](#)

Canadian Centre on Substance Use and Addiction (CCSA)

[*COVID-19 and Cannabis Smoking and Vaping: Four Things You Should Know*](#)