

CANNABIS

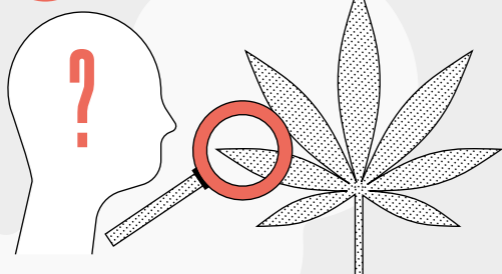


How to reduce the risks?



1

BEWARE OF PRODUCTS ON THE BLACK MARKET



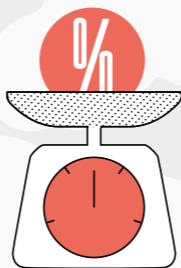
2

USE A SMALL DOSE IF YOU DO NOT KNOW THE PRODUCT OR HOW TO CONSUME IT



3

SEE IF A LOWER DOSE OF THC SUITS YOU BETTER

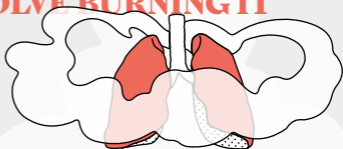


4

TRY CONSUMPTION METHODS THAT DO NOT INVOLVE BURNING IT

→ **Vaporizers**
far fewer toxic -products are inhaled. Portable and table-top designs.

→ **Vaping/e-cigarettes with THC**
far fewer toxic products are inhaled, but avoid at all costs buying equipment or e-liquids from the black market!



→ **Ingested (edible) products**
No toxic products generated by burning or heating. This consumption method does not require inhalation. Beware of the risk of overdosing.

Though cannabis is the most consumed illicit substance in Switzerland, only a small minority of the population uses it (less than one person in ten). If you are member of this group, there are several things you can do to reduce the associated health risks.

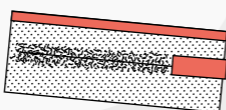
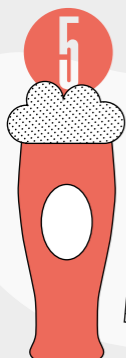
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5 AVOID CONSUMING CANNABIS AT THE SAME TIME AS ALCOHOL OR OTHER SUBSTANCES



6 DO NOT DRIVE AND AVOID ACTIVITIES WHICH REQUIRE YOUR FULL FACULTIES



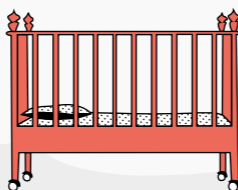
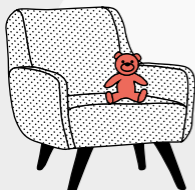
→ Inhalation

may impair essential driving faculties for several hours. The periods most often mentioned in the research are 2 to 4 hours, but even up to 4 or 6 hours. There is always a risk that this will last longer.

→ Ingestion

may cause impairment of faculties between 8 and 12 hours. There is always a risk that this will last longer.

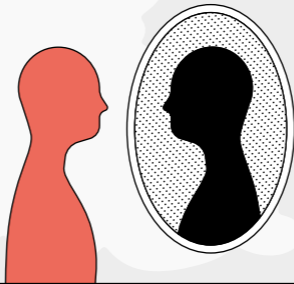
7 PROTECTING CHILDREN



8 AVOID USE AND CONSULT YOUR DOCTOR IF YOU HAVE MENTAL HEALTH ISSUES.



9 ASK YOURSELF ABOUT YOUR CONSUMPTION ON A REGULAR BASIS



DRUG CHECKING

Free analysis of psychoactive substances purchased on the black market, advice is also provided. Present in a number of cantons.

WHEN IN NEED

→ [SafeZone.ch](https://www.safezone.ch)
→ [Indexaddictions.ch](https://www.indexaddictions.ch)
→ [Stop-Cannabis.ch](https://www.stop-cannabis.ch)
→ [CANreduce.ch](https://www.canreduce.ch)

(available only in national languages)

PILOT TRIALS

Points of sale where you can legally purchase cannabis with THC. The production process is closely monitored and different THC levels are available. Registration is required and a number of criteria must be met. Present in a number of cantons.

COMBI-CHECKER.CH

This website provides information about the effects of combining several substances (available in English).