

THE HIGH WAY HOME?

Driving is harder if you're high.

Cannabis can impair basic functions necessary for safe driving.

- **Divided attention.** Changing the radio station and maintaining speed might be more difficult than usual.
- **Concentration.** You might be more easily distracted or you might only be able to focus on one thing at a time; but driving is a high-level, multi-task activity.
- **Decision making.** It might take you longer to decide how to handle sudden changes, such as a changing traffic light, needing to use the brakes or reading signs.
- **Reaction time.** You could find it more difficult to react to unexpected events like a pedestrian or animal darting out on the roadway.
- **Perception of time and space.** You might have difficulty staying in your own lane, obeying the speed limit and maintaining distance from other drivers.
- **Manoeuvring.** You might have trouble passing other vehicles safely.

Road Trip Tip #1: There's no quick fix or easy way around it — cannabis changes the way we think, feel and behave. Plus, everyone's experience can be different. This means that it can be difficult to predict how cannabis might affect you and for how long, especially when you're driving. It's safer if you don't use cannabis.