



4/20 and

lockdown

@crew_2000



COVID-19 is a new disease and our understanding of the symptoms is constantly developing. We are going to continue to find out more over the coming weeks and months.

While many people may feel that cannabis keeps them well and is something that boosts their immune system - you should be very careful about anything that advertises cannabis or cannabis products (like CBD) as a cure or prevention method.

There is no evidence to suggest the effectiveness of cannabis in preventing or curing COVID-19.



Smoking increases the risk of COVID-19 complications. There have been observable differences between smokers and non-smokers in the severity of symptoms - smokers are at greater risk of hospitalisation, and are more likely to develop severe symptoms than non-smokers.



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CREW

Inhaling any substance into your lungs is going to cause some level of irritation to the delicate tissue. This includes tobacco, cannabis and vape products.

Harm reduction

- **Wash hands with soap and water before and after handling or preparing drugs**
- **Avoid sharing joints, pipes, bongs or packages of drugs**
- **If smoking, try to use non-printed card for roaches so you don't inhale ink chemicals**
- **Better yet - ditch tobacco! Mixing with tobacco puts you at risk of nicotine addiction, and all the harms to the body from smoking**
- **Avoid holding smoke in your lungs - this won't increase the high but can cause more damage**
- **Clean all pipes/bongs/vapes regularly**



Vapourisers have become more common in recent years.

Using a vapouriser heats the cannabis, rather than burning it. The heating of the plant releases the same cannabinoids (the compounds found in the cannabis plant) but without smoke.

Since fewer chemicals are released vaping is a less harmful way to consume cannabis than smoking.

Munchies

People may decide that now is a good time to eat their cannabis in baked goods or other foods, instead of smoking it to avoid damage to their lungs.

If you do, it's important to think carefully about dose - you will need less to feel the effects than if the cannabis was smoked and it will take longer for them to come on.

Avoid the classic mistake of eating more before the effects of the first dose have kicked in.

Bear in mind when cannabis is eaten the effects lean more towards the psychedelic side so be prepared for that and know yourself. The experience may be stronger and last longer than smoking or vaping.

Impact of lockdown

Lockdown is a new environment for us all and if you aren't used to feeling the effects of cannabis alone it could make the experience different for you. Read our Solo Sesh guide for some key harm reduction tips if you plan on taking drugs alone.



Thinking about set and setting is also important, especially if you plan to eat cannabis.

This means thinking about the comfort of your environment and how you are feeling before taking a drug.

The Law

Cannabis is a class B drug which means it is illegal to possess, sell or give away.



During lockdown while there are restrictions to movement you may be more likely to experience an interaction with the police.

Blazing too much?

If you are practising social distancing, it's likely that you aren't making many trips outside.

If you are planning on stockpiling cannabis, it's important to avoid spending more than you can afford.

Try not to go through your stock too quickly and keep an eye on your tolerance.

Take a tolerance break if you need it.

