
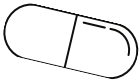





PROTECT YOUR LUNGS: Alternatives to Smoking and Vaping

	DEFINITION	CONSIDERING COVID-19	EXAMPLES
Inhalation	Smoking cannabis leaf Quick acting effects	Avoid smoking to protect your lungs	 Vaping, joints, cartridges, and bowls
Ingestion	Eating a form of cannabis Precise dosing is key, effects are more potent and can last for up to 8 hours	Safer than smoking, effects can be more potent than inhalation	 Any form of food or capsule
Sublingual	Drops applied and absorbed under the tongue Quick acting effects	Safer than smoking, effects can be similar to the effects of inhalation	 Comes in a variety of CBD:THC ratios