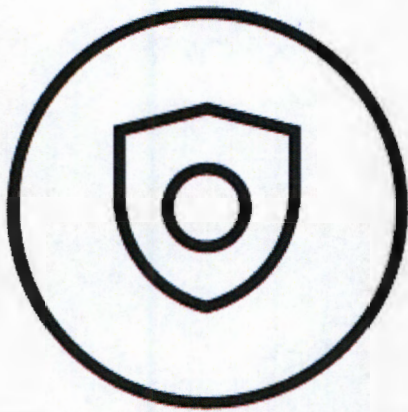


Ontario is now in Step Three of the [Roadmap to Reopen](#). Follow the [restrictions and public health measures](#).



Cannabis laws

Learn about Ontario's rules to keep people safe when buying and consuming recreational cannabis.



Overview

The Ontario Government has rules in place to keep cannabis out of the hands of children and youth, keep our roads safe and combat the illegal market.

Ontario has a tightly regulated private retail model for cannabis.

[Medical cannabis \(https://www.ontario.ca/page/cannabis-laws#section-8\)](https://www.ontario.ca/page/cannabis-laws#section-8) is regulated by the Government of Canada and will continue to be subject to different rules than recreational cannabis.



Minimum age is 19

You must be **19 and older** to buy, use, possess and grow **recreational** cannabis. This is the same as the minimum age for the sale of tobacco and alcohol in Ontario.

Learn about the [Youth Cannabis Diversion Program \(https://www.youthcannabisdiversionprogram.com\)](https://www.youthcannabisdiversionprogram.com), an online education and prevention program for youth between the ages of 12 and 18. Youth who come into conflict with the law for certain provincial cannabis-related offences can be referred to this program by law enforcement, prosecutors and courts.



Where you can use it

The government has enacted the following rules for using cannabis, both medical and recreational.

Where you can smoke and vape cannabis

- **Private residences** – this does **not** include residences that are also workplaces (for example, long-term care and retirement homes)
- **Many outdoor public places** (for example, sidewalks and parks)
- **Designated smoking guest rooms** in hotels, motels and inns
- **Residential vehicles and boats** that meet certain criteria (for example, if they have permanent sleeping accommodations and cooking facilities, and are parked or anchored)
- **Scientific research and testing facilities** (if the cannabis use is for scientific research and testing purposes)
- **Controlled areas** in:
 - long-term care homes
 - certain retirement homes
 - residential hospices
 - provincially-funded supportive housing
 - designated psychiatric facilities or veterans' facilities

Additional restrictions on smoking and vaping may exist in municipal bylaws, lease agreements and the policies of employers and property owners.

Where you cannot smoke or vape cannabis

Indoors

You cannot smoke or vape cannabis in:

- **indoor common areas** in condos, apartment buildings and university/college residences
- enclosed public places and enclosed work places
- **non-designated** guest rooms in hotels, motels and inns

Schools and places where children gather

You cannot smoke or vape cannabis:

- at school, on school grounds, and all public areas within 20 metres of these grounds
- on children's playgrounds and public areas within 20 metres of playgrounds
- in child care centres or where an early years program is provided
- in places where home child care is provided — **even if children aren't present**

Hospitals, hospices, care homes and other facilities

You cannot smoke or vape cannabis:

- within 9 metres from the entrance or exit of hospitals (public and private), psychiatric facilities, long-term care homes, independent health facilities
- on outdoor grounds of hospitals (public and private) and psychiatric facilities
- in **non-controlled** areas in long-term care homes, certain retirement homes, provincially-funded supportive housing, designated psychiatric or veterans' facilities, and residential hospices

Publicly owned spaces

You cannot smoke or vape cannabis in publicly-owned sport fields (not including golf courses), nearby spectator areas and public areas within 20 metres of these areas.

Vehicles and boats

You cannot consume cannabis (smoking, vaping and eating) in a vehicle or boat that is being driven or will be driven.

Learn more about the [rules for cannabis and driving \(https://www.ontario.ca/page/cannabis-and-driving\)](https://www.ontario.ca/page/cannabis-and-driving).

Other outdoor areas

You cannot smoke or vape cannabis:

- in restaurants and on bar patios and public areas within 9 metres of a patio
- on outdoor grounds of specified Ontario government office buildings
- in reserved seating areas at outdoor sports and entertainment locations
- on grounds of community recreational facilities and public areas within 20 metres of those grounds
- in sheltered outdoor areas with a roof and more than two walls which the public or employees frequent, or are invited to (for example, a bus shelter)



How much cannabis you can possess

You are able to have a maximum of 30 grams (about one ounce) of dried cannabis (or equivalent) in public at any time.

One gram of dried cannabis is equal (equivalent) to:

- 5 grams of fresh cannabis
- 15 grams of edible product
- 70 grams of liquid product
- 0.25 grams of concentrates (solid or liquid)
- 1 cannabis plant seed



Growing your own cannabis

You may grow up to four cannabis plants **per residence** (not per person) if:

- you are 19 years of age and older
- it is only for your personal use
- the starting material was purchased from the Ontario Cannabis Store or an authorized retail store
- it is not forbidden by your lease agreement or condo rules

Cannabis edibles

Cannabis edibles are legal in Canada as of October 17, 2019.

Edible cannabis products are allowed to have:

- up to 10 milligrams of THC (tetrahydrocannabinol) in a single package
- up to 30 milligrams of caffeine, if it is naturally occurring (for example, in chocolate, coffee and tea)

Edible cannabis products must contain no nicotine or added alcohol.

Extracts and topicals

Extracts and topicals are legal in Canada as of October 17, 2019.

Extracts (also known as concentrates) that are inhaled or ingested, and topicals (cannabis-infused products for skin, hair and nails) can have up to 1,000 milligrams of THC per package.

Products are prohibited from:

- being appealing to youth
- making health, dietary or cosmetic claims (for example, “low fat” or “suitable for joint pain”)
- having elements that associate the product with alcoholic beverages, tobacco products or vaping products



Rules for the workplace

Ontario has strict rules in place to make sure workplaces are safe.

Consuming **recreational cannabis in an enclosed workplace remains illegal** after legalization on October 17, 2018.

Employers (and supervisors):

- need to know the rules for [medical cannabis \(https://www.ontario.ca/page/cannabis-laws#section-8\)](https://www.ontario.ca/page/cannabis-laws#section-8)
- are required to address workplace hazards, under the *Occupational Health and Safety Act* (OHSA)

Employees and workers:

- who are unable or unfit to work safely could be a hazard to themselves or to others in the workplace
- have a duty to perform work safely and to report any hazards to their supervisor or employer under the OHSA

See additional rules related to cannabis use in the workplace, including for [commercial driving \(https://www.ontario.ca/page/cannabis-and-driving#section-1\)](https://www.ontario.ca/page/cannabis-and-driving#section-1), [where you can use recreational cannabis \(https://www.ontario.ca/page/cannabis-laws#section-2\)](https://www.ontario.ca/page/cannabis-laws#section-2) and using [medical cannabis \(https://www.ontario.ca/page/cannabis-laws#section-8\)](https://www.ontario.ca/page/cannabis-laws#section-8) in the workplace.



Medical cannabis

If a health care professional has already authorized you to use cannabis for medical reasons, your access has not changed now that recreational cannabis is legal.

Medical cannabis is subject to different rules than recreational cannabis. The production and sale of medical cannabis is regulated exclusively by the federal government.

The only way to purchase medical cannabis is:

- from a federally licensed producer online
- by written order
- over the phone and delivered by secure mail

You can also receive a [licence from Health Canada to grow medical cannabis on your own](https://www.canada.ca/en/health-canada/topics/production-cannabis-for-your-own-medical-purposes.html) (<https://www.canada.ca/en/health-canada/topics/production-cannabis-for-your-own-medical-purposes.html>), or designate someone else to grow it on your behalf.

[Learn more about accessing cannabis for medical purposes](https://www.canada.ca/en/health-canada/topics/cannabis-for-medical-purposes.html) (<https://www.canada.ca/en/health-canada/topics/cannabis-for-medical-purposes.html>).

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Related

[Federal legalization](https://www.canada.ca/en/services/policing/justice/legalization-regulation-marijuana.html) (<https://www.canada.ca/en/services/policing/justice/legalization-regulation-marijuana.html>)

[Learn about the health effects of cannabis](https://www.ontario.ca/page/health-effects-cannabis) (<https://www.ontario.ca/page/health-effects-cannabis>)

[Government of Canada — Learn about the health effects of cannabis](https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/effects.html) (<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/effects.html>)

[Find mental health and addiction services in your community](https://www.ontario.ca/page/mental-health-services) (<https://www.ontario.ca/page/mental-health-services>)

[Learn about the rules for driving impaired by cannabis](https://www.ontario.ca/page/cannabis-and-driving) (<https://www.ontario.ca/page/cannabis-and-driving>)

[Where recreational cannabis is sold](https://www.ontario.ca/page/buying-recreational-cannabis) (<https://www.ontario.ca/page/buying-recreational-cannabis>)

[Learn about cannabis rules and enforcement](http://opp.ca/index.php?id=115&lng=en&entryid=5bc63694af4f930b4262a693#sec2) (<http://opp.ca/index.php?id=115&lng=en&entryid=5bc63694af4f930b4262a693#sec2>)