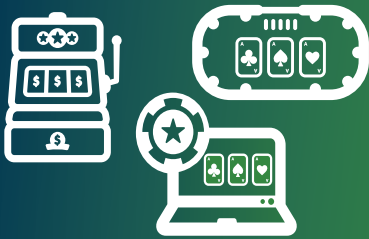


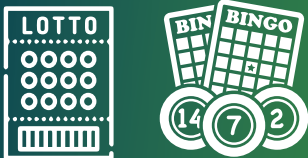
WHEN GAMBLING, WHAT YOU PLAY MATTERS

GREATER RISK



Some types of gambling, such as electronic gaming machines or online poker, are faster paced, involve frequent betting and encourage you to play more often and for longer periods of time, and to spend more money.

LESS RISK



Other types of gambling, such as lottery tickets, are slower paced, less intense and involve less spending. For example, someone might buy a ticket weekly or monthly.

LRGG

Lower-Risk Gambling Guidelines

WHEN YOU GAMBLE,

think about the type of game you're playing. The choices you make can make it easier or harder to stick to Canada's Lower-Risk Gambling Guidelines.



TO REDUCE YOUR RISK OF EXPERIENCING HARMS FROM GAMBLING, FOLLOW ALL THREE OF THESE GUIDELINES:



1% Gamble **no more than of household income** before tax per month



4 Gamble no more than **days per month**



2 Avoid regularly gambling at **more than types of games**

FOR THESE GUIDELINES, GAMBLING MEANS ...

playing a game of chance for money. Familiar forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

Visit www.gamblingguidelines.ca for more information.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.