



It's a fact.

Drinking alcohol and abusing drugs while pregnant harms your baby. It can cause birth defects! If you are pregnant, might be pregnant, or trying to get pregnant, STOP using alcohol and abusing drugs.

YOUR UNBORN BABY DRINKS WHAT YOU DRINK

Your baby shares your life, even in the womb. What you put into your body goes into the baby's body. There is no safe amount of alcohol for a baby. Alcohol is the main cause of many birth defects and developmental disabilities. Even small amounts can be unsafe. You want to bring a healthy baby into the world. Being drug and alcohol free is a great start!

TOO HIGH A PRICE

It may seem like a drink now and then can do no harm. Yet, alcohol can cause you to lose the baby to a miscarriage. Drinking can cause Fetal Alcohol Spectrum Disorder (FASD). Your baby can be born exposed to substances, and then go through withdrawal. Your baby will cry, shake, and hurt. It can cause your baby to have slow growth, small brain size, learning disorders throughout the school years, poor judgement which could lead to problems breaking the law as an adult, attention problems, and trouble getting along with others. The price is too high; alcohol can put the good life you want for your baby out of reach.

MAKE A CHANGE NOW

There are a few things you can do if you are pregnant, or there's a chance you could become pregnant.



Get drinking, street drugs, and abuse of prescription medications out of your life.



Use your own prescription medication. Never borrow or use another person's prescription.



Take your prescription medications exactly as prescribed by your doctor. Read all instructions carefully and follow them exactly.

PRESCRIPTIONS

Talk to your healthcare provider ASAP about your prescriptions, other drugs, even the vitamins you may be taking. If you might be or could become pregnant, have that talk now. Some prescription medications can be highly addictive. These are the opioid pain killers including Hydrocodone (Vicodin), Codeine, Oxycodone (OxyContin or Percocet), Tramadol and Morphine. Your unborn baby can be exposed to them too, and go through dangerous, painful withdrawal.



TOBACCO

Talk to your doctor about how to safely quit smoking when pregnant.

- If you quit smoking when you're pregnant you:
 - give your baby more oxygen
 - lower the risk that your baby will be born early
- Secondhand smoke causes early death and disease in those who don't smoke. There is no safe level of secondhand smoke.
- Thirdhand smoke stays on your clothing after you smoke. If any caregiver smokes, they should smoke outside and change their shirt after smoking.



Ask your doctor before taking any medicines. Medicines you used before you got pregnant may not be safe to take now. Even those sold at a drugstore or grocery store can hurt your baby.

STREET DRUGS

Anything that gets you high can harm your baby. Stay away from marijuana, crack, cocaine, heroin, ecstasy, meth, and other street drugs.

Using street drugs and misusing prescription drugs while pregnant increases the risk that your baby could:

- Be born too small, too early, or stillborn
- Be born drug-exposed
- Have a birth defect, deformities, or trouble breathing
- Have learning, behavioral, or other health problems throughout life



GET HELP AND SUPPORT

Quitting drugs or alcohol can be hard. If you want help, visit: helpisherede.com

If you want to learn more about alcohol and how it harms a baby, visit:

cdc.gov/ncbddd/fasd/

For help caring for a child with FASD, visit: nofas.org/living-with-fasd

To get medical care while pregnant or if you might get pregnant, visit the Healthy Women/Healthy Babies program at:

moms.healthywomende.com/services

1-800-652-2929 in New Castle County
1-800-345-6785 in Kent and Sussex Counties

WANT HELP SORTING IT OUT?

Use your phone to dial **2-1-1** for Help Me Grow to be connected with an advisor who can connect you with services.



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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

PREGNANT?
STAY SAFE
FROM ALCOHOL
AND DRUGS



OU ANSENT? PWOTEJE TÈT OUKONT ALKÒL AK DWÒG



SÈVIS SANTE AK SOSYAL DELAWARE
Divizyon Sante Piblik
Pwogram WIC

Se yon reyalite.

Si ou bwè alkòl epi ou abize tèt ou nan pran dwòg pandan ou ansent, sa ap domaje tibebe ou a. Sa kapab lakòz malfòmasyon fizik sou tibebe ou a! Si ou ansent oswa ou panse ou ka ansent osinon w ap eseye vin ansent, SISPAAN bwè alkòl epi sispann abize tèt ou nan pran dwòg.

TIBEBE KI NAN VANT OU A BWÈ SA OU BWÈ A

Tibebe ou a ap viv menm jan avèk ou, menm lè li nan matris la. Tout sa ou mete nan kò ou ale nan kò tibebe a. Pa gen kantite alkòl ki san danje pou yon tibebe. Alkòl se kòz prensipal anpil defòmasyon fizik ak andikap nan devlopman ti bebe a. Menm yon ti gout kapab kreye danje. Ou vle fè yon tibebe ki an sante. Se yon gwo jefò lè ou pa pran dwòg ak lè ou pa bwè alkòl!

YON KONSEKANS FATAL

Li ka sanble tankou yon bwason kounye a epi li kapab pa nwizib. Epoutan, alkòl kapab lakòz ou pèdi tibebe a nan yon foskouch. Si ou bwè alkòl, sa a kapab lakòz twoub alkolizasyon lakay tibebe a -Fetal Alcohol Spectrum Disorder (FASD). Tibebe ou a kapab fèt nan mitan anpil sibstans epi answit li kapab sibi pwosesis pou yo ka dezentoksike li. Tibebe ou ap kriye, tranble oswa soufri. Sa kapab lakòz tibebe ou a pran tan pou grandi, gen yon sèvo ki tou piti, gen twoub pou aprann pandan tout lè li lekòl, move jijman ki kapab lakòz pwoblèm vyolasyon lalwa lè li granmoun, pwoblèm atansyon ak twoub nan fason li antann li avèk lòt moun. Pri a twò wo; alkòl kapab gate bèl avni ou vle pou tibebe ou a.

FÈ YON CHANJMAN KOUNYE A

Gen kèk bagay ou kapab fè si ou ansent oswa si gen yon chans pou ou kapab vin ansent.



Retire alkòl, dwòg ilegal ak pran medikaman san kontwòl nan lavi ou.



Pran medikaman yo preskri ou yo. Pa janm prete oswa pa janm itilize preskripsyon yon lòt moun.



Pran medikaman ou yo egzakteman jan doktè ou a preskri yo. Byen li tout enstriksyon yo epi swiv yo egzakteman jan yo ye a.

PRESKRIPSYON YO

Pale avèk pwofesyonèl swen lasante ou a imedyatman konsènan preskripsyon ou yo, lòt medikaman yo epi menm vitamin ou ap pran yo. Si ou ta ansent oswa si ou kapab vin ansent, fè ti pale sou sa a kounye a. Ou kapab vin adikte anpil ak kèk medikaman. Medikaman sa yo se analjezik opiyoyid tankou Idwokodòn (Hydrocodone - Vicodin), Kodeyin (Codeine), Oksikodòn (Oxycodone - OxyContin oswa Percocet), Tramadol (Tramadol) ak Mòfin (Morphine). Tibebe ki nan vant ou a kapab ekspozè ak yo tou, epi sa a kapab lakòz yon pwosesis dezentoksikasyon ak danje ak anpil doulè.



TABAK

Pale avèk doktè ou a sou fason pou w kite fimèn san pwoblèm pandan ou ansent la.

- Siou kite fimèn lè ou ansent, ou kapab:
 - bay tibebe ou plis oksijèn
 - diminye risk pou tibebe ou fèt bonè
- Respire lafimèn moun k ap fimèn kapab lakòz lanmò ak maladi bonè sou moun ki pa fimèn yo. Pa gen sekirite nan zafè moun k ap respire lafimèn moun k ap fimèn.
- Twazyèm nivo nan zafè fimèn rete sou rad ou apre ou fin fimèn. Si nenpòt moun k ap ba ou swen fimèn, mande pou li fimèn deyò epi chanje chemiz ou apre li fin fimèn.



Mande doktè ou a anvan ou pran nenpòt medikaman. Medikaman ou te konn pran anvan ou te ansent yo ka lakòz danje kounye a

Menm sa yo vann nan yon famasi oswa yon makèt kapab fè tibebe ou a mal.

DWÒG ILEGAL

Nenpòt bagay ki fè ou pèdi kontwòl tèt ou kapab fè tibebe ou a mal. Kanpe lwen mariwana, krak, kokayin, ewoyin, ekstazi, met ak lòt dwòg ilegal yo.

Si ou pran dwòg ilegal epi si ou mal itilize medikaman yo preskri ou yo pandan ou ansent la, sa ap ogmante risk pou tibebe ou a:

- Fèt twò piti, twò bonè, oswa tou mouri
- Fèt eekspozè ak konplikasyon dwòg yo
- Gen yon malfòmasyon fizik, defòmasyon oswa twoub respirasyon
- Gen pwoblèm pou aprann, pwoblèm nan konpòtman oswa lòt pwoblèm pandan lavi li



CHÈCHE JWENN ÈD AK SIPÒ

Li kapab difisil pou kite dwòg ak alkòl. Si ou bezwen èd, ale sou sitwèb sa a: helpisherede.com

Si ou vle jwenn plis enfòmasyon sou alkòl ak fason li danje pou yon tibebe, ale sou sitwèb sa a:

www.cdc.gov/ncbddd/fasd/

Pou jwenn èd pou pran swen yon tibebe ki gen FASD, ale sou sitwèb sa a:

www.nofas.org/living-with-fasd

Pou jwenn swen medikal pandan ou ansent la oswa si ta gen chans pou w ansent, ale sou sitwèb pwogram pou Fanm ki an Sante/ Tibebe ki an Sante nan:

moms.healthywomende.com/services

1-800-652-2929 nan Konte New Castle

1-800-345-6785 nan Konte Kent ak Sussex

OU VLE ÈD POU KORIGE SITIYASYON AN?

Itilize telefòn pou rele pwogram Help Me Grow a nan **2-1-1** pou jwenn yon konseye ki kapab esplike ou sèvis yo.



Enstitisyon sa a se yon founisè ki aplike politik menm chans pou tout moun.