

# HEALTH TIPS

Make Health Happen

Pregnancy: alcohol, tobacco  
and drug use

## WHAT YOU SHOULD KNOW ABOUT ALCOHOL, TOBACCO AND DRUG USE DURING PREGNANCY

**Your baby depends on you for everything during your pregnancy.**

The air you breathe also gives your baby oxygen.

Any alcohol, tobacco or drugs you use enters your baby's body, too.

Your baby is growing every day, but alcohol, tobacco and drugs can keep your baby from growing the way he or she is supposed to grow.

They can keep your baby from being born healthy.

See if you know which of the statements below are true or false about alcohol, tobacco and drug use while pregnant.

**1. My baby may have very bad health problems after birth.**

**True!** Your baby may have birth defects, problems learning in school and problems getting along with others.

**2. My baby may be born dependent on drugs.**

**True!** Your baby may have very bad withdrawal symptoms. He or she may cry a lot and have problems breathing, eating and sleeping.

**3. My baby may have a higher risk of dying during sleep after birth.**

**True!** This is called sudden infant death syndrome or SIDS. Even if you don't smoke, second-hand smoke can also harm your baby. Ask friends and family not to smoke near you. Avoid being around other people who smoke.

**4. My baby can be harmed by just a little alcohol, tobacco or drug use.**

**True!** There is no safe amount of alcohol, tobacco or drugs to use during pregnancy.

### What can I do if I want to quit using alcohol, tobacco or drugs while pregnant?

Your doctor can help. Your doctor will make sure you can get help to stop using alcohol, tobacco and drugs. Talk to your doctor for help.

**You can help your baby to be healthy.**

National Institutes of Health website: *Prenatal Exposure to Drugs of Abuse* (May 2011): <http://www.drugabuse.gov/publications/topics-in-brief/prenatal-exposure-to-drugs-abuse>. (Accessed on June 10, 2014.)



[www.unicare.com](http://www.unicare.com)

UniCare Health Plan of West Virginia, Inc.

® Registered mark of WellPoint, Inc.

**Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only**

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.