

# HealthTips

Make Health Happen

Using alcohol,  
tobacco and drugs  
while pregnant

Using alcohol, tobacco, and drugs while  
you're pregnant **hurts your baby.**



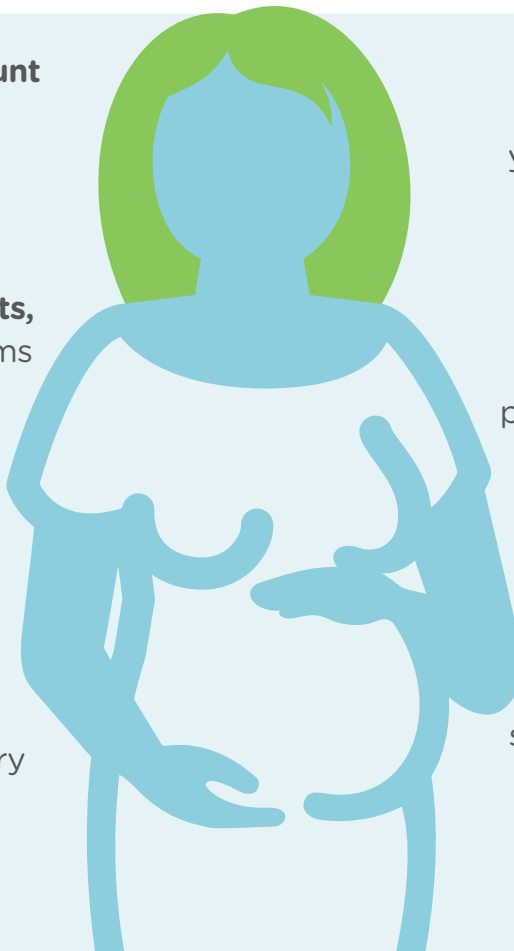
**There is no safe amount** of alcohol, tobacco or drugs to use when you're pregnant.



**Your baby could be born with birth defects,** and may have problems growing and learning. They may also have behavior problems for their entire lives.



**Your baby may be born dependent on drugs.** They may have bad withdrawal symptoms and may cry a lot or have trouble breathing, eating, and sleeping.



**Smoke can hurt your baby** even if you're not a smoker. Secondhand smoke is bad, too. Ask friends and family not to smoke near you and avoid places where people are smoking.



**Your baby may have a higher risk of dying while they're sleeping.** This is called sudden infant death syndrome, or SIDS.

When you're pregnant, your baby depends on you for everything. Any alcohol, tobacco or drugs you use goes into your baby's body, too.

  
**dell children's**  
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only  
Member Services Monday through Friday 7 a.m. to 6 p.m. Central time and  
24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

[DellChildrensHealthPlan.com/members](http://DellChildrensHealthPlan.com/members)

# HealthTips



## Find a safe way to quit

Alcohol, tobacco, and drug use are bad for both you and your baby. If you're using any of these while you're pregnant, talk to your doctor as soon as you can. They can suggest safe ways to quit.



## Other ways to get help becoming alcohol-free, tobacco-free or drug-free:

- **Call Member Services** at 1-888-596-0268 (TTY 711) from Monday to Friday from 7 a.m. to 6 p.m. Central time and ask to speak to a case manager.
- **Call the National Tobacco Quitline** at 1-800-QUIT-NOW (1-800-784-8669).
- **Visit the Smoke Free Women website** at <http://women.smokefree.gov>.
- **Call the Substance Abuse and Mental Health Administration (SAMHSA)** at 1-800-662-HELP (1-800-662-4357).

### Sources:

National Institutes of Health website: *Prenatal Exposure to Drugs of Abuse* (May 2011): <https://www.drugabuse.gov/publications/health-consequences-drug-misuse/prenatal-effects>. (Accessed on March 4, 2019.)

Smoke Free Women: <http://women.smokefree.gov> is associated with the U.S. Dept. of Health and Human Services. (Accessed on March 4, 2019.)

Substance Abuse and Mental Health Administration (SAMHSA): <https://www.samhsa.gov>. (Accessed on March 4, 2019.)