

## About Your 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 “opioids” pain killers including Hydrocodone (Vicodin), codeine, Oxycodone (OxyContin or Percocet), Tramadol and Morphine. Your unborn baby can get addicted to them too, and go through dangerous, painful withdrawal.

Don't just stop taking **any** medicines prescribed by a health professional without talking to them first, Stopping the RIGHT medication can do as much harm as starting the WRONG one.

## Finding Information, HELP AND SUPPORT

Want to know more?  
Here are a few starting points:

If you are not sure where to start or need immediate help, call:

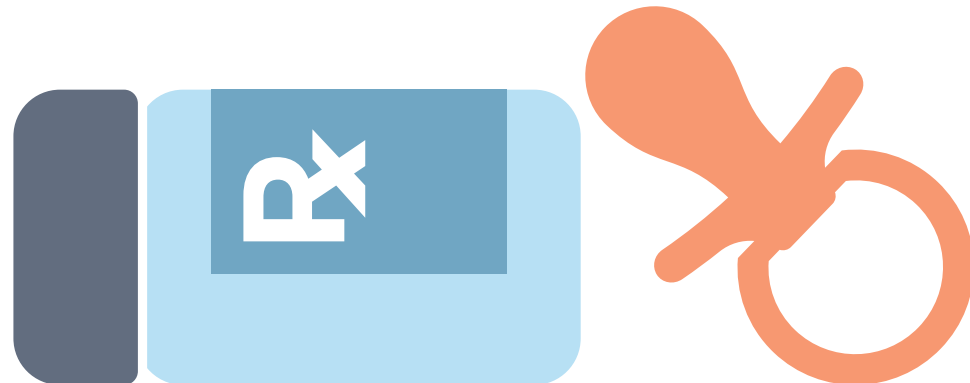
**1-800-652-2929** in New Castle County

**1-800-345-6785** in Kent and Sussex Counties

Quitting drugs or alcohol can be hard. If you want help, visit:  
[www.helpisherede.com](http://www.helpisherede.com)

If you want to learn more about alcohol and how it harms a baby, visit:  
[www.cdc.gov/ncbddd/fasd/](http://www.cdc.gov/ncbddd/fasd/)

For help caring for a child with FASD, visit:  
[www.nofas.org/living-with-fasd/](http://www.nofas.org/living-with-fasd/)



Fetal Alcohol Spectrum Disorder  
Task Force of Delaware

[www.delawarefasd.org](http://www.delawarefasd.org)

To get medical care while pregnant or if you might get pregnant, visit the Healthy Women/Healthy Babies program at:  
[moms.healthywomende.com/services](http://moms.healthywomende.com/services)

For more information on birth control, visit: [www.bedsider.org/methods](http://www.bedsider.org/methods)

*Want someone to help you sort 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.



# PREGNANT?

ALCOHOL AND ILLEGAL DRUGS:  
**NOT SAFE!**

ANY TIME.  
ANY TYPE.  
ANY AMOUNT.



*And take prescription drugs exactly as prescribed.*

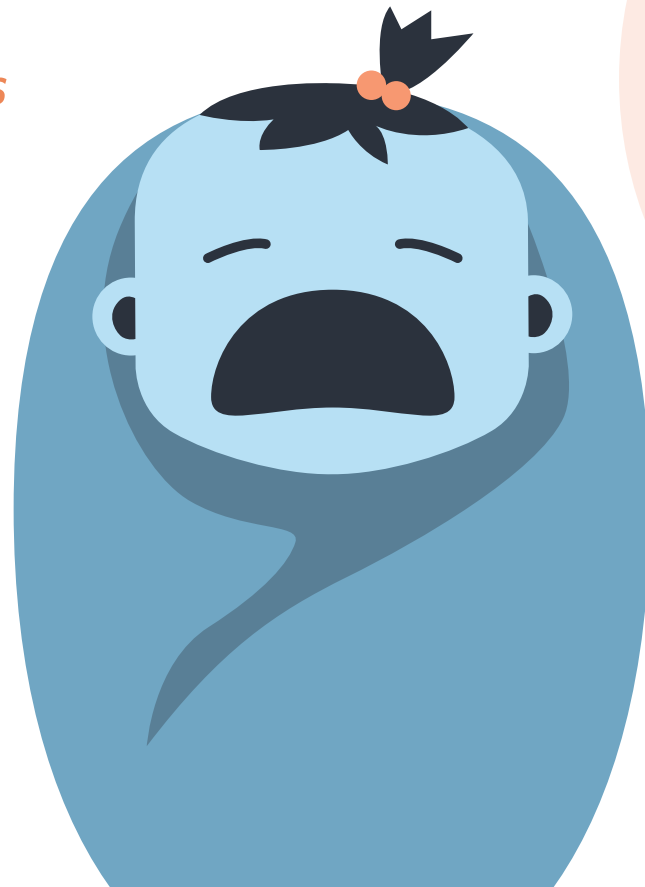
## It's a fact.

*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.*

*Even if you are having sex without using birth control, STOP using alcohol and abusing drugs. Or, start using birth control.*

## 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. It can cause your baby to have brain damage, heart and liver problems, autism and more.

Drinking can cause FASD, Fetal Alcohol Spectrum Disorder. Your baby can be born addicted, and then go through withdrawal. Your baby will cry, shake, and hurt. There is no cure for FASD – the side effects last a lifetime. Slow learning, problems getting along with others, and poor health are just some of them. The price is too high, alcohol can put the good life you want for your baby out of reach.

# MAKE A CHANGE NOW.

There's 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.



Choose and always use birth control that fits for you.



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.

