

PREGNANT?

ALCOHOL AND ILLEGAL DRUGS: NOT SAFE!



**ANY TIME. ANY TYPE.
ANY AMOUNT.**

Drinking alcohol or using drugs — including opioids and marijuana — while pregnant could harm your baby and cause birth defects.

If you are pregnant, might be pregnant, or trying to get pregnant, **STOP** using alcohol and abusing drugs.



Get drinking, tobacco, all street drugs (including marijuana), 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.



Fetal Alcohol Spectrum Disorder
Task Force of Delaware



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

HELP
is here.
PREVENT • TREAT • RECOVER

