

It is best to stop all substance use before becoming pregnant. But it's never too late. The time to stop is now.

It is dangerous to use alcohol, tobacco or other drugs during pregnancy. There is no safe kind, no safe time, and no safe amount to use. No matter what you have heard or experienced, every pregnancy is different.

Help is available.

Asking for help as soon as possible can bring about better results for you and your baby. If you need help, talk to your healthcare provider or contact one of the organizations listed on the back of this brochure.



To learn about public alcohol and other drug abuse services in your community, call 803-896-5555 or visit www.daodas.org and click on "Treatment Providers."

*South Carolina Tobacco Quitline
1-800-QUIT-NOW (784-8669)*

*Alcoholics Anonymous
www.aa.org / www.area62.org*

*Narcotics Anonymous
www.na.org / www.crna.org*

*Sponsored by the
South Carolina Department of Alcohol
and Other Drug Abuse Services
and the
South Carolina Fetal Alcohol Spectrum
Disorders Collaborative*

South Carolina
DAODAS
Department of Alcohol and Other Drug Abuse Services

2414 Bull Street • Columbia, SC 29201
P: 803-896-5555 • F: 803-896-5557

*The time
to stop
is now.*



*Know the Facts About
Alcohol, Tobacco
and Other Drug Use
During Pregnancy*

We all want a healthy baby. Did you know...

If you use alcohol, tobacco or other drugs during pregnancy, the dangers could include:



You've probably heard women say...

"Beer and wine are OK to drink during pregnancy, because they're not strong enough to hurt the baby."

*"I drank, smoked **and** used drugs during my first pregnancy, and my baby was fine."*

"I had an occasional drink during my first pregnancy, and there's nothing wrong with my baby."

But here are the FACTS:

- There is no safe amount or kind of alcohol to drink during pregnancy.
- Any amount of alcohol will cross the placenta and may affect your baby.
- Any substance use can harm your baby, but alcohol is the most dangerous.
- Quitting substance use at any time during pregnancy can increase the likelihood of giving birth to a healthy baby.
- Every pregnancy is different. Some babies are affected by substance use more than others.
- There is no way to know how vulnerable your baby may be.
- Using alcohol or other drugs – or smoking during pregnancy – can cause learning and behavior problems for your baby that can lead to trouble in school or with the law later in life.

No safe amount, no safe time, no safe kind!