



Substance Use

Alcohol

When a pregnant woman drinks alcohol, so does her baby. There is no known safe level of alcohol use during pregnancy or while trying to get pregnant. All types of alcohol are equally harmful, including all wines and beer. Drinking alcohol during pregnancy can cause miscarriage, stillbirth and a range of lifelong disabilities, such as trouble learning and coping with everyday life.

What if I drank before I knew I was pregnant? Make sure you get regular prenatal checkups. Tell your healthcare provider you had been drinking and ask for advice.

Remember, it is never too late to stop drinking. Because brain growth takes place throughout pregnancy, the sooner you stop drinking the safer it will be for you and your baby. If you are unable to stop drinking on your own, talk to your healthcare provider. Resources are available to help you.

Drugs and Supplements

Always talk with your doctor or midwife before taking any medicines during pregnancy. Read drug labels for risks for pregnant or breastfeeding women. Do not take more than the prescribed dose of any medication, and do not take any medication that is not prescribed to you.

Drugs include street drugs, prescription and over-the-counter drugs, supplements and herbal products. **Babies born to moms who use drugs during pregnancy can have serious problems including premature birth, low birthweight, heart defects and birth defects.**

The best way to keep your baby safe from drugs is to avoid them! If you feel you have a problem, please contact your doctor or midwife for help.

Sources: <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>
<https://www.marchofdimes.org/pregnancy/is-it-safe.aspx>

Healthy Start can help you make healthy lifestyle choices for you and your family, and gain access to resources. Talk to your Healthy Start Home Visitor today.



Central & North Central Florida Coalitions

Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606
An Affiliate Partner of WellFlorida Council www.WellFlorida.org

Healthy Start of North Central Florida

Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

Central Healthy Start

Counties: Citrus, Hernando, Lake, Sumter

Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

Connect: 877-678-WELL

The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children. Participating programs: Healthy Start, Parents as Teachers, Nurse-Family Partnership, Healthy Families, T.E.A.M. Dad, G.R.O.W. Doula and NewboRN Home Visiting.

10/2023



Abuso de sustancias

Alcohol

Cuando una mujer embarazada toma alcohol, su bebé también.

No se conoce un nivel seguro de uso de alcohol durante el embarazo o durante el tiempo en que está tratando de quedar embarazada. Todos los tipos de alcohol son igual de dañinos, incluyendo el vino y la cerveza. Tomar alcohol durante el embarazo puede causar aborto espontáneo, muerte fetal y una gran variedad de discapacidades que duran toda la vida, como problemas de aprendizaje y manejo de las cosas de la vida diaria

¿Qué pasa si tomé antes de saber que estaba embarazada? Asegúrese de empezar sus citas prenatales y seguirlas de una forma regular. Dígale a su doctor que tomó alcohol y pídale recomendaciones.

Recuerde, nunca es tarde para parar de tomar. El desarrollo del cerebro se da durante el transcurso de todo el embarazo, por eso entre más pronto deje de tomar más seguro estarán usted y su bebé. Si no es capaz de parar de tomar por si sola, hable con su médico. Hay ayuda disponible para usted.

Healthy Start puede ayudarle a adoptar un estilo de vida saludable para usted y su familia, y a tener acceso a diferentes sitios de ayuda. Hable con su Visitadora Familiar de Healthy Start hoy.

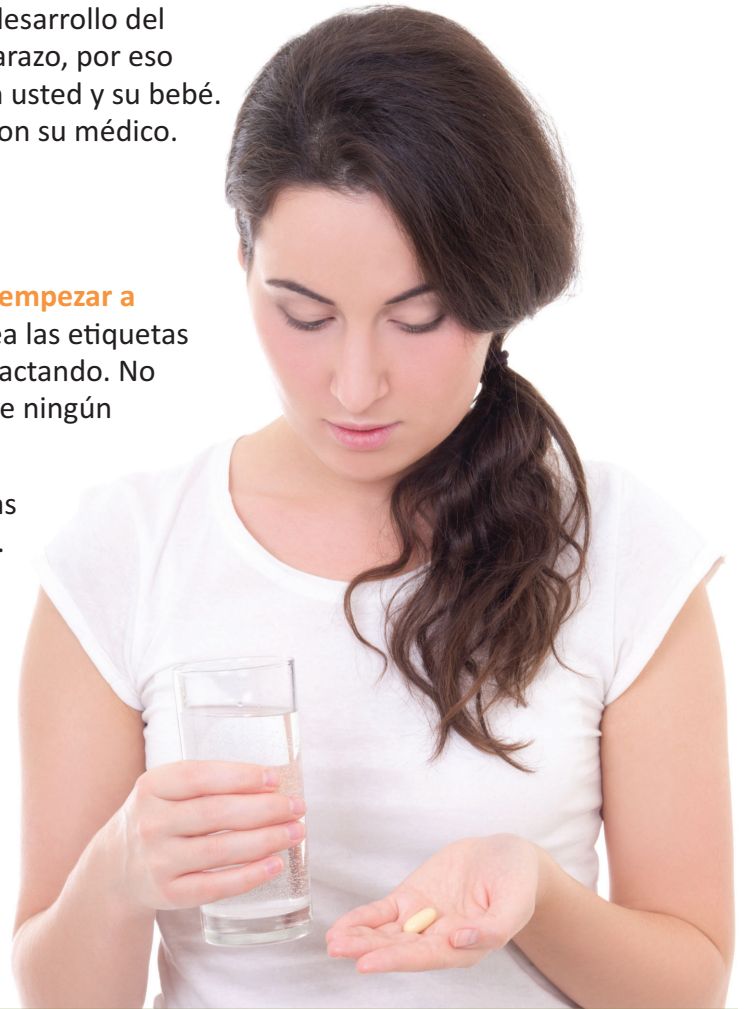
Drogas y Suplementos

Hable siempre con su doctor y su partera antes de empezar a tomar cualquier medicina durante el embarazo. Lea las etiquetas para ver si hay riesgos para embarazadas y madres lactando. No tome más de la dosis que recetó el doctor, y no tome ningún medicamento que no le haya recetado el doctor.

Drogas incluye las drogas callejeras, drogas recetadas y de venta libre, suplementos y productos herbales.

Los bebés nacidos de madres que usaron drogas durante el embarazo pueden tener serios problemas como nacimiento prematuro, bajo peso al nacer, defectos del corazón y defectos de nacimiento.

¡La mejor manera de mantener a su bebé seguro y sin riesgo es evitarlas completamente! Si usted siente que tiene un problema, por favor contacte a su doctor o partera y pida ayuda.



Fuentes: <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>
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EveryBabyDeservesAHealthyStart.org

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