

Did you know?

If you stop using alcohol, tobacco, or drugs at **any time** during your pregnancy it can increase the chance your baby will be born healthy. You should get treatment as early as you can if you're pregnant and use alcohol, tobacco, or drugs.

Don't give up. Alcohol, tobacco, and drug treatment works. It's confidential and can be affordable. Pregnant women are a priority for treatment.




What are the effects of alcohol, tobacco, or other drugs on mothers?


- Addiction or dependence on substances
- Dental problems
- Poor-decision making
- Poor nutrition
- Sexually transmitted diseases (including HIV/AIDS)
- Other health concerns


What can happen if a fetus or baby is exposed to alcohol, tobacco and other drugs during pregnancy?

- Babies may have withdrawal symptoms from substances
- Birth defects
- Early birth or preterm delivery
- Low birth weight

Learn more at:

 800-822-2229/801-328-2229

 855-999-3525

 mothertobaby.utah.gov

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