

KEEP YOUR SAFE: DON'T DRINK ALCOHOL

NO AMOUNT OF ALCOHOL  IS SAFE!

CAN LEAD TO FETAL ALCOHOL SPECTRUM DISORDER FOR YOUR BABY

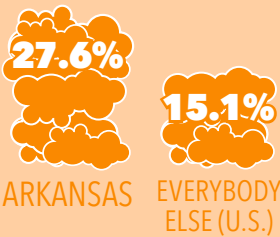
SYMPTOMS:

- Deformities
- Trouble communicating
- Learning problems
- Emotional problems
- Trouble with life skills

KEEP YOUR SAFE: DON'T SMOKE

TOO MANY

ARK. MOMS SMOKE:



IT RAISES YOUR RISK FOR:

- BIRTH DEFECTS
- NEWBORN ILLNESS
- INFANT DEATH
- PRETERM BIRTH
- LOW BIRTH WEIGHT
- EXTENDED HOSPITAL STAY AT DELIVERY

YOU CAN DO IT!
 OVER HALF OF WOMEN WHO SMOKED BEFORE PREGNANCY QUIT ONCE THEY FIND OUT THEY ARE PREGNANT.

KEEP YOUR SAFE: DON'T MISUSE Rx DRUGS

SOME PRESCRIPTIONS 

INCREASE YOUR 

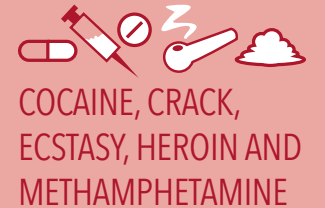
RISK OF:

- Miscarriage
- Stillbirth
- Birth defects
- Learning problems
- Infant death

TALK TO YOUR DOCTOR BEFORE GETTING PREGNANT!

KEEP YOUR SAFE: DON'T DO ILLICIT DRUGS

INCLUDES:



MORE THAN **2X** THE RISK OF STILLBIRTH FOR USERS

PUTS YOUR 

AT RISK OF:

- Preterm birth
- Small head size
- Heart defects
- Slow growth
- Infant death



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Division of Behavioral Health Services
Prevention Services



MIDSOUTH CENTER FOR
PREVENTION AND TRAINING

IF YOU OR SOMEONE YOU KNOW IS PREGNANT OR PLANS TO BECOME PREGNANT AND DRINKS,
VISIT FINDTREATMENT.SAMHSA.GOV TO FIND A TREATMENT CENTER NEAR YOU OR CALL
1-800-662-HELP (4357).

VISIT WWW.PREVENTIONWORKSAR.ORG TO FIND
MORE ABOUT AVOIDING ALCOHOL USE DURING PREGNANCY.



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IF YOU OR SOMEONE YOU KNOW WANTS TO QUIT SMOKING,
VISIT WWW.STAMPOUTSMOKING.COM OR CALL
1-800-QUIT-NOW (1-800-784-8669) FOR IMMEDIATE ONE-ON-ONE HELP.

VISIT WWW.PREVENTIONWORKSAR.ORG
TO FIND MORE ABOUT AVOIDING TOBACCO USE



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IF YOU OR SOMEONE YOU KNOW IS PREGNANT OR PLANS TO BECOME PREGNANT
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