

Tips to Protect Yourself



Stop your use of tobacco, alcohol, or other drugs. Ask your local WIC clinic staff where to get help.

Ask your family and friends to support your decision not to use tobacco, alcohol, or other drugs.

Check the internet for listings of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

Call Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-Help (4357). This is a free and confidential information and referral service for substance use.

Call, text, or chat the 988 Suicide & Crisis Lifeline to reach a trained specialist who can offer help and support. The easy-to-remember, three-digit number provides 24/7, free and confidential support to Ohioans in a behavioral health crisis.

Call the Ohio QuitLine at 1-800-QuitNow. The QuitLine offers a pregnancy program with monetary incentives.



Tips to Protect Your Family

Do not use tobacco, alcohol or other drugs if you are thinking about having a baby or if you become pregnant. Check with your healthcare provider before using any types of medications. Discuss with your healthcare provider or breastfeeding expert about how to breastfeed your baby safely if you use tobacco, alcohol, medicines, or other substances listed. Set a good example for your children by not using tobacco, alcohol, or other drugs.

Don't allow smoking inside your home. Ask others not to smoke around you or your children.

Store household cleaning products and medicines in locked areas out of the reach of your children.

Talk to your children at a young age about why using tobacco, alcohol, and other drugs is dangerous.

Be aware that persons who use tobacco, alcohol, and other drugs place children in their care at risk for accidents, injury, and violence.

This institution is an equal opportunity provider.

Ohio Department of Health
Bureau of Maternal, Child, and Family Health
246 North High St., 4th Floor
Columbus, Ohio 43215

For further information, telephone
1-800-755-4769 (GROW)
Visit our website: www.odh.ohio.gov

Tobacco, Alcohol, & Other Drugs

Protecting You and Your Family



Department of
Health

Women, Infants, and
Children Program (WIC)

Types of Tobacco, Alcohol, and Other Drugs

Tobacco is smoked in cigarettes, cigars, and pipes.

Snuff is a form of smokeless spit tobacco or pouches that are chewed, sniffed, or “dipped.”

E-cigarettes, vaping, and the aerosol of e-cigarettes contain nicotine and other harmful toxins.

Secondhand smoke exposure occurs when people breathe in smoke from burning tobacco products.

The nicotine found in all the above products is considered a drug.

Alcohol use includes drinking liquor, mixed drinks, beer, wine, and wine coolers.

Street drugs have many names and forms, and they are used in different ways. Examples of street drugs are crack/cocaine, heroin, marijuana, opioids, and LSD.

Common household products, such as cleaning fluids, aerosol (spray) cans, and glues can be harmful drugs if they are inhaled or huffed. These products are commonly called inhalants.

Medicines (both those prescribed by a doctor and nonprescription drugs such as sleeping pills, pain medication, cold medicines, and diet aides) can be harmful when not used as directed.

Why Should You Avoid These Substances?

Marijuana and Cannabidiol (CBD) Products

In Ohio, adults 21 and older can buy, possess, and grow a small amount of cannabis. Doctors can prescribe it for certain health issues. It comes in

various forms, such as loose buds for smoking, or as pills and gummies. Be careful with products from unlicensed sellers, as they might contain harmful additives. Even if marijuana and CBD are legal, they may cause health concerns for you and your baby. This includes smoking, vaping, dabbing, eating or drinking, and applying creams or lotions to the skin.

Nicotine Sources

Smoking tobacco can lead to serious health problems like lung disease, stroke, heart attack, cancer, and having a baby with low birth weight. Using smokeless or spit tobacco can cause gum disease, mouth sores, cancer, and high blood pressure. E-cigarettes, vaping, and other products containing nicotine are not safe during pregnancy and can harm the unborn baby's brain and lungs. Ingestion of e-liquids by toddlers and children has resulted in increased calls to poison control centers. Breathing in secondhand smoke is also dangerous. Although the aerosol of e-cigarettes generally has fewer harmful toxins than cigarette smoke, it still contains toxins that could harm everyone, especially young children. It increases the risk of lung problems, cancer, respiratory tract infections, and ear infections.

Alcohol

Alcohol is harmful if used too often or in large amounts. It can damage your liver and other organs in your body. There is no safe amount of alcohol if you are pregnant. If you drink alcohol when you are pregnant, your baby may be at risk for low birth weight, birth defects, or learning disabilities. Any amount of alcohol provided to toddlers and children can cause health problems.

Drugs

Using street drugs even once can harm your body and brain and possibly kill you. Using marijuana can affect your memory and brain function and cause harmful heart issues like high blood pressure. Marijuana has other chemicals that affect different organs in the body, including the brain, lungs, blood vessels, heart, and liver. It may produce symptoms of depression and/or unsteady movements or slow response time. The potential health effects of using cannabidiol (CBD) products during pregnancy are currently unknown.

Inhalants

Inhaling or huffing common household cleaning products even once can be fatal. These substances are quickly absorbed into your bloodstream. Slurred speech, dizziness, and delusions are common effects.

Medicines

Using medicines other than as directed can be harmful or fatal.



Substance Use

Using tobacco, alcohol, and other drugs, even occasionally, can cause you to become “hooked” or dependent on them for life.

If you are thinking about having a baby or if you become pregnant, using tobacco, alcohol, and other drugs, including some medicines, can harm your unborn baby.

If you are using cannabis and are pregnant, planning to become pregnant, or are breastfeeding, talk to your doctors.