



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily
Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support

Drugs

Taking any type of drug can be harmful to your health. Drugs can cause damage to your organs and lead to serious infections. Drugs can also decrease your ability to make good decisions. This can put your life in danger. Examples of dangerous drugs include marijuana, cocaine, crack, heroin, amphetamines. Prescription medications can also be dangerous. For women who could get pregnant, it is even more important to know about the dangers of using drugs.

If you are using drugs and you get pregnant, can it hurt the baby?

Yes. If you get pregnant, marijuana may slow the growth of the baby. Also, if you're trying to get pregnant, marijuana may make it harder. Amphetamines include speed, crank, and meth. They can cause serious birth defects. They can also cause a baby to weigh too little or be born too early. Heroin can cause serious problems when you are pregnant. It can also cause stillbirth. Cocaine can cause a miscarriage. It can also prevent a baby from growing right. Even drugs prescribed by a doctor can cause birth defects.

Resources that can help:

Drugs can cause damage to the baby even before you know you are pregnant. If there is any chance that you could get pregnant, stop using now.

To find drug treatment facilities near you, go to:

<http://www.adp.ca.gov/>

You can also call (800) 662-4357.



www.everywomancalifornia.org