



West Virginia
Department of
HEALTH

ALCOHOL, TOBACCO, AND DRUGS



WHAT THEY CAN DO TO YOU AND YOUR FAMILY

Quitting Now Will Help You and Your Family Be More Healthy

DRINKING ALCOHOL

(Beer, wine, wine coolers, liquor, mixed drinks, etc.)

Can cause:

- Your baby to be born too small, have developmental delays and more likely to be sick
- Your children to feel neglected, abused, and less loved
- Harm to your health in many ways (including cancer or liver disease)

USING TOBACCO

(Breathing in secondhand smoke; smoking cigarettes, cigars, or e-cigarettes/vaping; chewing tobacco)

Can cause:

- You to have a miscarriage or stillbirth when pregnant
- Your baby to be born early, too small or more likely to be sick
- Your children to have more colds, coughs and ear infections
- You and your family to be more likely to develop cancer, heart and lung disease, or stroke

USING DRUGS

(Over-the-counter, prescribed and street drugs) Note: If you are pregnant or planning to become pregnant, check with your doctor before using any over-the-counter drugs. Talk to your healthcare provider about any prescription drugs you may be taking.

Can cause:

- You to have a miscarriage when pregnant
- Your baby to be born early, too small, shaky, hard to take care of, with birth defects or too sick to live
- Your children to feel neglected, abused, and less loved
- Harm to your health in many ways (even with short-term use)

FOR ADDITIONAL RESOURCES

Call, text or chat **(844) HELP4WV / (844) 435-7498**
www.HELP4WV.com