



## Protect Your Children From Drugs

If you are breastfeeding and use tobacco, alcohol, or medicines, check with your doctor, nurse, or other healthcare provider about how to breastfeed your baby safely.

If you are thinking about having a baby or if you become pregnant, do not use tobacco, alcohol, or other drugs. Check with your healthcare provider before using any medicine.

Set a good example for your children by not using tobacco, alcohol, or other drugs.

Make **“NO SMOKING”** a rule inside your home.

Ask others not to smoke around you or your children.

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

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

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

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- 1. mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- 2. fax:** (833) 256-1665 or (202) 690-7442; or
- 3. email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

Ohio Department of Health  
Bureau of Child and Family Health  
246 North High St., 4th Floor  
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For further information, telephone  
1-800-755-4769 (GROW)  
Visit our website: [www.odh.ohio.gov](http://www.odh.ohio.gov)



Adapted with permission from the Illinois Department of Human Services.

# Tobacco, Alcohol, & Other Drugs



## How They Can Harm

## Avoid Tobacco, Alcohol, and Other Drugs

Tobacco is smoked in cigarettes, cigars, and pipes. Second-hand smoke is tobacco smoke in the air.

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

E-cigarettes and the aerosol of e-cigarettes contain nicotine and other harmful toxins. 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 (illegal) drugs have many names and forms, and they are used in different ways. Examples of street drugs are cocaine/crack, heroin, marijuana, other illegal 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 medicine, cold medicines, and diet aids) can be harmful when not used as directed.

E-cigarettes and other products containing nicotine are not safe to use during pregnancy. Nicotine is a health danger for pregnant women and developing babies and can damage a developing baby’s brain and lungs. Flavorings used in e-cigarettes may be harmful to a developing baby and ingestion of flavored e-liquids by toddlers and young children has resulted in increased calls to poison control centers due to nicotine poisoning.

Breathing second-hand smoke is called “passive” smoking. Although the aerosol of e-cigarettes generally has fewer harmful substances than cigarette smoke, it still contains harmful 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 to you 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 born with low birth weight, birth defects, or learning disabilities.

### Other Drugs

Using street drugs even once can harm your body and brain and possibly kill you.

Inhaling or huffing common household cleaning products even once can be fatal.

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

## All Drugs

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 medicine, can harm your unborn baby.

## Protect Yourself From Drugs



Stopping your use of tobacco, alcohol, or other drugs is best. 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 the free Ohio QuitLine at 1-800-QuitNow. The QuitLine offers a pregnancy program with monetary incentives. The Baby & Me—Tobacco Free Program™ is also available for pregnant women.

## Why Is Using Drugs Harmful?

### Tobacco

Smoking tobacco increases your risk of lung disease, stroke, heart attack, cancer, and having a low birth weight baby.

Using smokeless or spit tobacco increases your risk of gum disease, mouth sores, cancer, and high blood pressure.