

# Get Help!

*We have resources to help you.*

For more information or for help to stop using Meth, call:

**GATEWAY: Alcohol and Drug Adult  
Managed-Care Services**

1 (800) 488-9919

**Crystal Meth Anonymous**

Local meetings and additional information  
can be found on the website.

[www.crystalmeth.org](http://www.crystalmeth.org)

**Narcotics Anonymous**

12 step support group meetings in various locations.

(408) 998-4200

For prenatal care information and referrals call

**Santa Clara County Public Health Department  
Maternal, Child & Adolescent Health**

1 (800) 310-2332

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The Coalition for Alcohol & Drug Free Pregnancies

[www.cadfp.org](http://www.cadfp.org)

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Maternal, Child & Adolescent Health

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## If You're Pregnant

*Think About Your Baby's Health*



## Don't Use Meth

# If You're Pregnant

*Think About Your Baby's Health*

## Don't Use Meth

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Methamphetamine is an illegal and dangerous drug that is highly addictive.

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Common names for methamphetamine include meth, crystal, crank, and speed.

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If you use meth during your pregnancy, it can hurt your baby's health. Your baby can have problems that can affect the rest of his or her life.

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If you have used meth before you knew you were pregnant, stop using meth now. You will give your baby a better chance to be born healthy and without any birth problems that could be lifelong.

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If you want to get pregnant, do not use meth. You may not know you are pregnant right away.

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**The sooner you quit, the healthier your baby will be.**

When you use meth during pregnancy, the drug gets into your unborn baby's system and can seriously harm his or her development. It can also affect your baby's brain. Your baby can also be born too early and too small which can lead to many health problems.

### **Babies born to women who used meth during pregnancy have been described as "irritable babies" and may have:**

- Difficulty sucking and swallowing
- Extreme sensitivity to light and human touch
- Shakiness/tremors
- Difficulty sleeping
- Higher heart rate
- Fast or rapid breathing
- Skeletal/bone abnormalities
- A higher chance of dying from Sudden Infant Death Syndrome (SIDS)
- A higher chance of becoming sick from viral infections (such as Hepatitis B and C and HIV).

### **Some effects of prenatal meth use can be seen years later.**

School aged children whose mothers used meth during pregnancy may have:

- Learning difficulties
- Developmental delays
- Negative behavioral patterns
- Irritability
- Hyperactivity
- Attention Deficit Disorder (ADD)
- Fits of anger