

Are you Pregnant or Breastfeeding?



Using marijuana can affect the health of your baby and is not recommended for women who are pregnant or breastfeeding.

It's never too late in your pregnancy to quit using marijuana, no matter how far along you are.

Talk to your doctor about questions you have about marijuana

Your Baby May be Exposed to Marijuana:

- ◆ Through your bloodstream.
- ◆ Through breast milk (THC is stored in fat cells so “pumping and dumping” doesn’t work).
- ◆ Through secondhand smoke that enters your baby’s lungs.



How Marijuana Can Harm Your Baby

- ◆ Your baby may be born with a lower birthweight.
- ◆ Babies with low birthweights are more likely to have health problems.
- ◆ The growth and development of your baby’s brain can be harmed.
- ◆ Like tobacco smoke, marijuana smoke lowers your oxygen levels and the oxygen levels of your baby.

No Amount of Marijuana is Safe

- ◆ If you are pregnant or thinking about becoming pregnant soon, **stop recreational marijuana use.**
- ◆ If you use marijuana for medicinal purposes, **stop use in favor of safer alternatives.**

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