Resources

- Poison Control: 1-800-222-1222.
- Learn about Oregon laws: http://whatslegaloregon.com/.
- Call 211 to connect to health and social services.
- Learn how to talk to your kids about marijuana: Visit http://healthoregon.org/marijuana.
- Are you looking online for marijuana information? Make sure you are using a reliable source such as a research hospital, university or public health department.

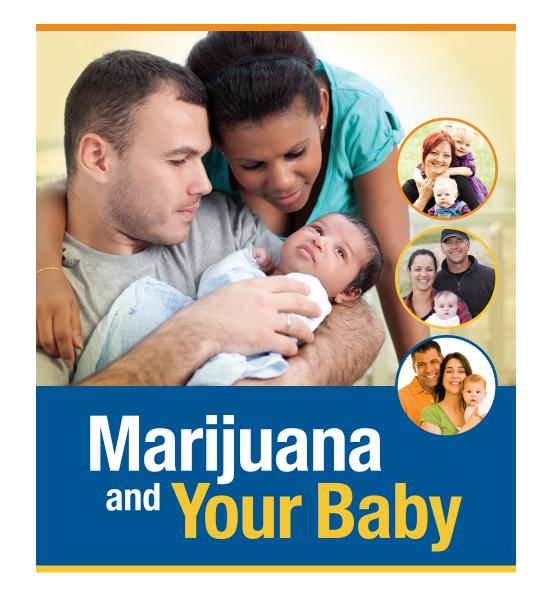


The Oregon marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.



You can get this document in other languages, large print, braille or a format you prefer. Call 971-673-0040, TTY 1-800-735-2900.

OHA 9002 (12/2016)



Information about marijuana use while pregnant, breastfeeding or caring for children



Marijuana and your baby

- Oregon adults can now legally use marijuana. However, marijuana has many chemicals that may negatively affect developing fetuses, babies and young children.
- Are you thinking of becoming pregnant or are you pregnant or breastfeeding? If so, talk with your health care provider if you need help to stop using marijuana.
- You may be using marijuana to treat a medical condition, such as nausea, anxiety or pain. If so, ask your health care provider about other treatments that may be safer for you and your baby.

Marijuana, pregnancy and breastfeeding

There is no known safe level of marijuana use during pregnancy.

- THC is the chemical in marijuana that makes you feel "high." It stays in your body fat for a long time. THC can pass to your baby if you use marijuana while pregnant or breastfeeding.
- THC may negatively affect babies' developing brain and their ability to do well in school later.
- Using marijuana during pregnancy may increase the risk of stillbirth.
- Research into the long-term effects of marijuana on babies is limited.
- Breastfeeding is important to your baby's health.
 Do not use marijuana while breastfeeding.



Child safety

- If your child eats or drinks marijuana by accident, call the poison control hotline as soon as possible.
- If your child is not responding or seems very sick, call 911 or go to an emergency room right away.



Poison Control: 1-800-222-1222.

Parenting safely

 After having a baby, you may be tired. Using marijuana may make you sleepier and less aware of your child's needs.

It is not safe:

- To be high or buzzed while caring for a baby.
- To sleep with your baby while you are high.
 You could cause injury if you roll over onto or accidentally push your baby off the bed.
- To let your baby ride in a car if the driver is high.
- To allow anyone to smoke or vape in your home or around your baby.

