



Tobacco,  
alcohol and  
marijuana are  
legal in Alaska.

Legal is not  
the same  
as safe.

Tobacco

Alcohol

Marijuana

Most women in Alaska avoid  
tobacco, alcohol and marijuana  
when pregnant or breastfeeding.

The American College of Obstetricians  
and Gynecologists is our nation's leading  
group of medical experts in women's  
health. They recommend that pregnant  
and breastfeeding women not use tobacco,  
alcohol or marijuana.

**Tobacco, alcohol and marijuana have no known  
benefits for pregnant or breastfeeding women.  
These substances do have known risks for babies:**

### Tobacco

Smoking tobacco increases the risk for infections, premature birth and sudden infant death. Chewing or vaping tobacco, using snuff, iqmik (Black Bull) or e-cigs may harm your baby's health.

### Alcohol

Beer, wine and hard liquor increase the risk for life long birth defects such as heart and brain damage.

### Marijuana

Whether smoked or taken as a liquid or edible, marijuana increases the risk for lifelong brain and learning problems.

Most Alaskan women do not use tobacco, alcohol or marijuana when pregnant or breastfeeding. However, some women find it difficult to stop using these substances. If you or someone you love needs help to stop using, ask your healthcare provider to suggest services in your area or contact:

#### Alaska's Tobacco Quit Line

<http://alaskaquitline.com>

**1-800-QUIT-NOW (1-800-784-8669)**

#### Alaska Breastfeeding Coalition

<http://alaskabreastfeeding.org>

#### SAMHSA — substance abuse services

<https://findtreatment.samhsa.gov>

#### Alaska 2-1-1 — resources in your community

**Call 211 or 1-800-478-2221**

<http://alaska211.org/>

#### For more resources on Marijuana and Fetal Alcohol Spectrum Disorders

<http://marijuana.dhss.alaska.gov>

<http://FASD.alaska.gov>



Email requests for additional cards to: [hssperinatal@alaska.gov](mailto:hssperinatal@alaska.gov)

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