



# CANNABIS & PREGNANCY DON'T MIX

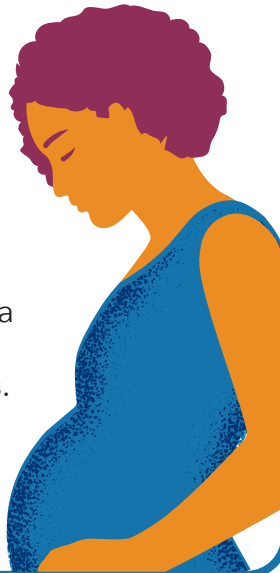


Learn more to keep you and your baby safe.

Pregnancy can be an exciting and challenging time. While some might turn to cannabis to relieve morning sickness issues or anxiety, no amount of cannabis is safe to use during pregnancy or while breast/chestfeeding.

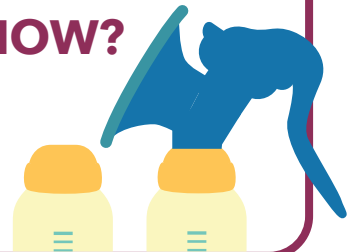
## CANNABIS AND PREGNANCY

- Legal for adults doesn't mean safe for babies. Whether you smoke or vape or eat an edible, it can transmit dangerous chemicals to your baby.
- Marijuana may cause a variety of problems for your baby, like low birth weight, and problems with memory, learning and behavior.
- In some people, marijuana can trigger anxiety, depression and psychosis.
- Marijuana is not a safe way to treat morning sickness.



## DID YOU KNOW?

Marijuana can stay in breastmilk for up to 6 weeks after use.



## MORNING SICKNESS

If you need a safe remedy for morning sickness, try these alternatives:

- Stay hydrated - dehydration can make nausea worse.
- Use forms of ginger for morning sickness - ginger ale, ginger tea or ginger chews.
- Peppermint works wonders as well - try peppermint tea or peppermint candies.
- Keep your meals small.
- Avoid greasy, spicy, or fatty foods.
- Try nausea relief bands - you wear them on your wrists.



To learn more, visit [BelInTheKnowCT.org/Pregnancy](https://BelInTheKnowCT.org/Pregnancy) or scan the QR code.

Talk to your healthcare provider about the risks of marijuana use during pregnancy and while breast/chestfeeding.