

# Help Keep Children Safe & Healthy

Prevent exposure to alcohol, cannabis, and prescription drugs by following these simple steps:

1. Lock products in a cabinet/box.
2. Keep away from other food.
3. Make sure your child can't see or reach products.
4. Keep in child proof packaging.



Eating or drinking these substances can make children very sick. They may have problems:

- walking
- sitting up
- breathing

They may also vomit or feel sleepy.

If you're worried about your child,  
call Poison Control at **1-800-222-1222**  
as soon as possible.



## Pregnant or Breastfeeding?

**Talk to your doctor** about the possible negative side effects of cannabis, alcohol and other drugs on your baby.

THC in cannabis used by the breastfeeding parent enters breastmilk and can be passed to baby.

THC has been found in breastmilk up to six days after use.

A baby that is exposed to cannabis before they are born may have problems with brain development, lower birth weight, may be born prematurely, and could develop other behavioral or learning problems, especially as they grow older. **This could make it harder for a child to do well in school.**



**MAINE  
PREVENTION  
SERVICES**

Maine Center for Disease Control & Prevention  
Department of Health and Human Services



**CITY OF BANGOR**

DEPARTMENT OF  
PUBLIC HEALTH AND  
COMMUNITY SERVICES

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