

Risks of alcohol use during pregnancy

There is no known safe amount of alcohol to use at any time during pregnancy or while trying to get pregnant. All types of alcohol are equally harmful, including all wines and beer.

What are the effects of alcohol use on a baby?

Drinking alcohol while pregnant can cause physical and mental birth defects in babies, including fetal alcohol syndrome (FAS). Babies born with FAS may have brain damage; growth problems; behavior and learning problems; and abnormal facial features. There is no cure for FAS.

Drinking alcohol while pregnant also puts babies at risk of heart, kidney, and brain development issues as well as increasing the risk of low birthweight babies, preterm labor, miscarriage, and stillbirth.

Alcohol can also pass through breastmilk and should be avoided when breastfeeding.

What can I do if I am at risk for alcohol use during pregnancy?

- Avoid situations or places where you usually drink, like parties or bars.
- Ask your friends and family to help you avoid alcohol. They should not offer you alcohol while pregnant.
- Ask your doctor for information about alcohol treatment programs. Other resources include the National Council on Alcoholism and Drug Dependence (1-800-622-2255 or ncadd.org) and Alcoholics Anonymous (alcoholics-anonymous.org).

Risks of drug use during pregnancy

If you are pregnant, drug use can harm both you and your baby. This includes prescription, over the counter, and illegal drugs, as well as herbal supplements and teas. If you are pregnant, talk with your doctor before taking any prescription or over-the-counter medications. Only take prescription medications prescribed by a doctor who knows you are pregnant.

If you have used or currently use illegal drugs, stop immediately and contact your doctor.

What are the effects of illegal drug use on a baby?

- Birth defects, learning and behavioral problems, and developmental delays.
- Withdrawal-like symptoms after birth or babies born addicted to drugs.
- Increased risk of low birthweight babies, preterm labor, miscarriage, and stillbirth.

What can I do if I am at risk of drug use during pregnancy?

- Avoid situations or places where you might do illegal drugs, like parties or bars.
- Ask your friends and family to help you avoid illegal drugs.
- Ask your doctor for information about drug treatment programs. Other resources include the Notional Drug and Alcohol Treatment Referral Routing Service (1-800-662-4357, findtreatment.somhso.gov) and the Notional Council on Alcoholism and Drug Dependence (1-800-622-2255 or ncadd.org).
- Talk to your doctor before taking any prescription or over-the-counter medications.

Medication Assisted Treatment

Medication-assisted treatment (MAT) combines psychosocial therapy and medications to treat substance use disorders. The most common medications used in treatment of opioid addiction are methadone and buprenorphine, both of which have selection and exclusion criteria. Sometimes another medication, called naltrexone, is used.

Cost varies for the different medications. Cost may need to be taken into account when considering treatment options. For more information, talk with your COMCARE provider.

COMCARE does **not** provide Methadone treatment. For assistance locating Methadone treatment options contact 800-662-4357 (English and Espanol) or 800-487-4889 TDD (for hearing impaired).



Protect yourself and your family from serious health risks using the information provided in this pamphlet



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Human Immunodeficiency Virus (HIV)

What is HIV?

HIV is a lifelong virus that can lead to Acquired Immunodeficiency Syndrome (AIDS). HIV is spread through blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids and breast milk.

Symptoms may not appear right away, sometimes taking more than 10 years to show up. The best way to know if you have HIV is to get tested. Talk to your medical provider.

How is HIV treated?

HIV is treated using a combination of medicines called antiretroviral therapy (ART). ART does not cure HIV, but controls HIV and reduces the spread to others.



How do I prevent HIV?

- Always use a condom during sex.
- Make sure you and your partner get tested on a regular basis.
- If you or your partner have HIV, make sure the HIV-positive person remains on ART.
- Avoid drugs and alcohol as these substances may lead to risky sexual behavior.
- Do not share needles, syringes, or other equipment (filters, water) for injection drugs.
- If you're high risk, talk to your medical provider about Pre-exposure prophylaxis (PrEP)
- Talk to a medical provider about Post-exposure prophylaxis (PEP), a treatment taken within three days of a single high-risk event.



HIV and Pregnancy

Transmission from HIV-positive mothers to their babies can occur during pregnancy, during vaginal childbirth, or through breastfeeding.

An HIV positive mom who is not on ART during pregnancy, labor, and delivery has a 25 percent chance of passing HIV to her baby (compared to 2 percent with ART).

Decrease your baby's risk. Know your status and continue ART while pregnant and after delivery.

If you suspect you have been exposed to HIV, contact your doctor or the Sedgwick County Health Department to get tested. Be open and honest when discussing your history with your medical provider.

For testing at the Sedgwick County Health Department contact 316-660-7300 prior to visiting.

Sexually Transmitted Infections (STIs)

What are STIs?

STIs are diseases that are passed from one person to another through sexual contact.

The most common STIs are chlamydia, gonorrhea, syphilis, genital herpes, and human papillomavirus (HPV).

Many STDs do not show symptoms for a long time but can still be harmful and spread during sex.



How are STIs treated?

Some STIs can be treated with antibiotics, while others cannot be cured, only controlled with medication. Without treatment, many STIs can lead to long-term complications.

How do I prevent STIs?

- Always use a condom during sex.
- Make sure you and your partner get tested on a regular basis.

If you suspect you have been exposed to on STI, contact your doctor or the Sedgwick County Health Department to get tested. Be open and honest when discussing your history with your medical provider.

For testing at the Sedgwick County Division of Health, contact 316-660-7300 prior to visiting.

What is TB?

TB is a disease caused by infection with bacteria called Mycobacterium tuberculosis. TB affects the lungs, but can also affect the brain, kidneys, spine, and other areas of the body.

TB spreads from person to person through the air, usually in confined areas over a long period of time. You cannot get TB from brief contact with someone infected with TB.

Symptoms of active TB generally include unexplained weight loss, loss of appetite, weakness, chills, fever, and/or heavy night sweats. Symptoms of TB of the lungs may also include a productive cough lasting more than three weeks, chest pain, shortness of breath, and coughing up blood.

How is TB treated?

TB is cured by taking medication exactly as prescribed by a medical provider.

How do I prevent TB?

- If you believe you have been exposed to TB, you can get a TB skin or blood test to determine if you are infected.
- Treatment stops the spread of TB.

You can obtain a TB skin or blood test at your doctor's office or at the Sedgwick County health Department by calling 316-660-7300.