



## Drugs and Alcohol, When You Want to STOP Using

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- Remove all drugs and alcohol from your house
- Remove all items you associate with drugs and all drug paraphernalia from your house
- Tell people you live with that you cannot have any drugs, alcohol, pipes, bongs, or drug paraphernalia around
- Tell roommates, family members, and the father of the baby to stay away unless they are clean, sober and not using
- If you can't clean up your environment, move
- Avoid people, places, things, and thoughts that remind you of using
- Get and use the phone numbers of others who understand
- Use your local recovery resources (AA, NA, CA and other programs)

To find the most up-to-date information on medications, alcohol and drug exposure while pregnant or when breastfeeding go to [MotherToBaby.org](http://MotherToBaby.org).