

CANNABIS USE BEFORE, DURING AND AFTER PREGNANCY

There is **no known** safe amount of cannabis use in pregnancy or when breastfeeding.

EFFECTS ON CONCEIVING

Heavy cannabis use may change menstrual cycles in women, and lower sperm count and quality in men.

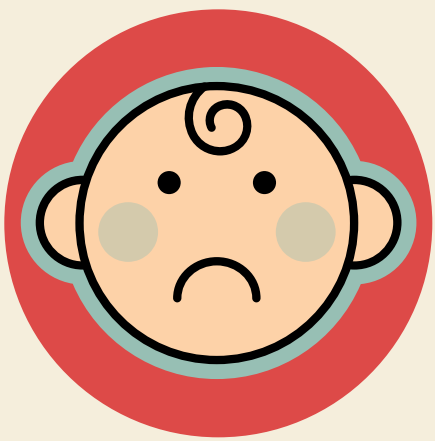


CANNABIS SHOULD NOT BE USED TO TREAT PREGNANCY RELATED MORNING SICKNESS

Talk to your health care provider to find the best option for you and your baby.

SMOKING CAN REDUCE OXYGEN AND NUTRIENT SUPPLY TO THE FETUS

Effects can include: low birth weight, reduced alertness and slower growth.

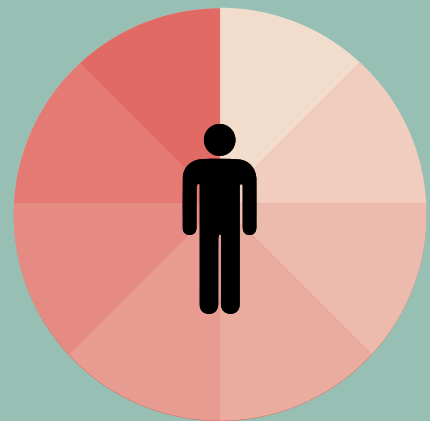


CANNABIS SHOULD NOT BE USED WHILE BREASTFEEDING

THC passes through breast milk to a baby's fat cells and brain. Exposed infants are at greater risk of life-long health issues.

BE INFORMED

Know the potential risks to you and your family's health.



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"