

5 THINGS TO KNOW ABOUT NAS



Neonatal Abstinence Syndrome

1 NAS

Neonatal Abstinence Syndrome occurs when a baby is born dependent on legally prescribed or illegally obtained drugs used by the mother during pregnancy. Most commonly caused by opioids a mother has taken during pregnancy.



2 NAS

Using more than one substance can make the baby more likely to withdraw. This includes tobacco and other prescribed or illegal drugs.



3 NAS

NAS may place your baby at risk for immediate and long term concerns such as: development delays, behavioral, emotional and learning problems.



4 SYMPTOMS OF NAS

Some withdraw symptoms are; High-pitched cry, Irritability, jerk, shake, tremor, excessive yawning or sweating, vomiting, diarrhea and sometimes seizures.



5 HOW TO PREVENT NAS

Develop a reproductive life plan, consider birth control options, avoid substance use and speak with your health care provider about any medications you take.



ADDITIONAL RESOURCES

- Sullivan County Regional Health Department
www.sullivanhealth.org or 279-2777
- TN Redline (1-800-889-9789)
www.taadas.org
- Tennessee Department of Health
www.Tn.org/NAS

IF YOU WOULD LIKE MORE INFORMATION OR NEED ANY SERVICES SUCH AS BIRTH CONTROL PLEASE CONTACT ANGELA MCGEE NAS PREVENTION COORDINATOR 423-279-2777

