



# Caring for your baby with Neonatal Abstinence Syndrome

## How to spot signs they need help

Having a baby with Neonatal Abstinence Syndrome (NAS) brings challenges but there are ways to comfort and support your new baby. This guide will help you to care for your baby in the first few days and weeks of life.

Staying alert is very important. Take control of your child's future by watching for signs of NAS. NAS occurs when a baby withdraws from an addictive substance that they were exposed to during pregnancy.<sup>1</sup>

Almost any substance in your blood can pass to your baby. That includes medicine, alcohol, nicotine, drugs and herbal supplements. When a baby is born, that supply through your bloodstream stops suddenly. They may show symptoms of withdrawal within a few hours to a few days after birth.<sup>2,3</sup>

It's hard to know which babies will have NAS. They may need medicine or need to spend extra time at the hospital in a special care unit.

### Symptoms may include, but are not limited to: <sup>2</sup>

- Crying a lot
- Trembling or shaking
- Throwing up, diarrhea, or both
- Fever and sweating
- Stuffy nose
- Sneezing or yawning a lot
- Having a hard time feeding and sucking
- Being sensitive to light, sounds and touch

### What you can do for your baby

Take your child to a quiet and calm room away from others. Also be sure to keep the lights low, turn off the TV, silence your phone and speak in a low voice. Breastfeeding, skin-to-skin holding, and gentle rocking and touching can also be soothing.<sup>2</sup>

### Keep their health on schedule with wellness checkups

Children born with NAS should be followed closely and monitored by their doctor.<sup>3</sup> Early care is important for their long-term health.



### More support is available for your baby, and for you

Extra resources and services are available for pregnant women and new mothers at **Humana.com/SouthCarolinaMoms**. If you would like to connect with one of our HumanaBeginnings® care managers, you can email us at **SCMCDHumanaBeginnings@humana.com**.

If your baby is required to stay in the neonatal intensive care unit (NICU), we have care managers who can provide additional support.

**Phone: (855) 391-8655**

**Email: NICU@humana.com**

Scan this QR code to find a guide for parents of babies with NAS.



### Help for those with a substance use disorder

South Carolina residents can receive support from the Medical University of South Carolina by calling **843-792-MOMS (843-792-6667)**.

They can also find a substance abuse treatment facility at **www.findtreatment.gov**.

Sources:

1. "Primary Prevention and Public Health Strategies to Prevent Neonatal Abstinence Syndrome ," Centers for Disease Control and Prevention, last accessed March 14, 2024, <https://www.cdc.gov/grand-rounds/pp/2016/20160816-neonatal-addiction.html#:~:text=NAS%20occurs%20when%20newborn%20babies,drugs%2C%20including%20some%20prescription%20painkillers>.
2. "Neonatal Abstinence Syndrome," National Library of Medicine, last accessed March 14, 2024, <https://medlineplus.gov/ency/article/007313.htm>.
3. "Neonatal Opioid Withdrawal Syndrome (formerly known as Neonatal Abstinence Syndrome)," Cleveland Clinic, last accessed March 14, 2024, <https://my.clevelandclinic.org/health/diseases/23226-neonatal-abstinence-syndrome>.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **866-432-0001 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

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- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **866-432-0001** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the  
**South Carolina Department of Health and Human Services, Civil Rights Division**  
1801 Main Street, P.O. Box 8206, Columbia, South Carolina 29202,  
**888-808-4238, TTY: 888-842-3620, [civilrights@scdhhs.gov](mailto:civilrights@scdhhs.gov)**. Complaint form is available at [https://www.scdhhs.gov/sites/default/files/SCDHHS%20Civil%20Rights%20Discrimination%20Complaint\\_0.pdf](https://www.scdhhs.gov/sites/default/files/SCDHHS%20Civil%20Rights%20Discrimination%20Complaint_0.pdf).  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at  
<https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

Auxiliary aids and services, free of charge, are available to you.  
**866-432-0001 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in South Carolina is a Medicaid product of Humana Benefit Plan of South Carolina, Inc.

Language assistance services, free of charge, are available to you.  
**866-432-0001 (TTY: 711)**

**English:** Call the number above to receive free language assistance services.

**Español (Spanish):** Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

**Tiếng Việt (Vietnamese):** Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

**Français (French):** Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

**Русский (Russian):** Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**ગુજરાતી (Gujarati):** મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.

**العربية (Arabic):** اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.