PROTECT YOUR UNBORN BABY.
DON’T DRINK ALCOHOL WHEN YOU’RE PREGNANT.

1 IN 5 PREGNANT WOMEN REPORT DRINKING ALCOHOL DURING EARLY PREGNANCY

THERE IS NO PROVEN SAFE AMOUNT OF ALCOHOL TO DRINK DURING PREGNANCY. DRINKING ALCOHOL WHILE PREGNANT MAY PUT YOUR BABY AT RISK FOR FETAL ALCOHOL SPECTRUM DISORDERS (FASD).

EFFECTS OF FASD CAN INCLUDE:
- Physical Impairments
- Learning Disabilities
- Behavioral Symptoms

FASD IS 100% PREVENTABLE. STOP AND THINK. IF YOU’RE PREGNANT OR COULD BE PREGNANT, DON’T DRINK.

LEARN MORE. VISIT THE SAMHSA FASD CENTER FOR EXCELLENCE AT FASDCENTER.SAMHSA.GOV


SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

1-877-SAMHSA-7 (1-877-726-4727)
1-800-486-4889 (TDD)
www.samhsa.gov