



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:



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

SOURCE: Center for Behavioral Health Statistics and Quality. (2014). Behavioral health trends in the United States: Results from the 2013 National Survey on Drug Use and Health. <http://www.samhsa.gov/data/>

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

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