

ALCOHOL CAN HURT AN UNBORN BABY

ALCOHOL, INCLUDING BEER AND WINE,
CAN HARM THE BABY AT ANY TIME... EVEN BEFORE
A WOMAN KNOWS SHE IS PREGNANT.

- Alcohol can harm the baby's brain even though the baby looks normal.
- If a woman drinks alcohol during pregnancy, there is a high risk of having a baby with Fetal Alcohol Spectrum Disorders (FASD).
- Birth defects and disabilities for a person with FASD may include but are not limited to:

Permanent brain damage

Fetal death

Mental retardation

Trouble controlling their behavior

Trouble getting along with others

Heart defects



DURING PREGNANCY
THERE IS NO SAFE
AMOUNT OF ALCOHOL

A pregnant woman who stops drinking as soon as possible
can improve her chances of having a healthy baby.

STAYING ALCOHOL FREE IS AN IMPORTANT
CHOICE FOR A HEALTHY BABY

Resources:

PREGNANCY RISK LINE
800-822-2229

www.pregnancyriskline.org

Answers questions about drugs,
alcohol and other exposures during
pregnancy and while breastfeeding.

UTAH NETWORK OF CARE
www.utah.networkofcare.org

UTAH DIVISION OF SUBSTANCE
ABUSE AND MENTAL HEALTH
801-538-3939

www.dsamh.utah.gov

211
Information and Referral Center
dial on the phone 2-1-1.
www.informationandreferral.org

THIS MESSAGE IS BROUGHT TO YOU BY
MARCH OF DIMES, UNITED WAYS OF UTAH,
UTAH DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL,
UTAH DEPARTMENT OF HEALTH, AND UTAH FETAL ALCOHOL COALITION.

FASD IS PERMANENT AND CANNOT BE CURED.
THE GOOD NEWS:
FASD IS 100% PREVENTABLE IF WOMEN DO NOT DRINK
ALCOHOL DURING PREGNANCY.