

# ALCOHOL


and PREGNANCY

don't mix.



Whether you are pregnant or trying to get pregnant, there is no guaranteed safe level of alcohol use. Drinking any kind of alcohol during pregnancy such as red or white wine, beer and liquor can cause multiple birth defects and developmental disabilities known as fetal alcohol spectrum disorders (FASDs), including fetal alcohol syndrome. Fortunately, FASDs are 100% preventable if you don't drink at any time while pregnant. For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.

STOP DRINKING WHEN YOU START TRYING.



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amount of alcohol is safe  
if you're pregnant or  
trying to get pregnant.

There is no guaranteed safe level of alcohol use during pregnancy or even when you're trying to get pregnant. And that means any kind of alcohol such as red or white wine, beer and liquor. Put simply, when you drink, your baby drinks, and that can lead to fetal alcohol spectrum disorders (FASDs). FASDs include a wide range of physical and mental disabilities and lasting emotional and behavioral problems. Fortunately, FASDs are 100% preventable. By not drinking, you have the power to improve your child's chances of a healthy start.

If you are pregnant and have been drinking, it's never too late to stop. The sooner you stop drinking, the better it will be for both you and your baby. If you are pregnant and have been drinking, talk to your doctor or nurse.

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**PREGNANCY AND ALCOHOL DON'T MIX.**



# STOP drinking if you're pregnant or trying to get pregnant.

## **Here's what we know:**


- There is no guaranteed safe level of alcohol use at any time during your pregnancy or even when you're trying to get pregnant.
- That includes all kinds of alcohol such as red or white wine, beer and liquor.
- If you are pregnant and have been drinking, it's never too late to stop.

## **The reasons why:**

- When you drink, your baby drinks, and that can lead to fetal alcohol spectrum disorders (FASDs).
- FASDs include a wide range of physical and mental disabilities and lasting emotional and behavioral problems.

## **Here's what you can do:**

- FASDs are 100% preventable. By not drinking, you have the power to improve your child's chances of a healthy start.
- The sooner you stop drinking, the better it will be for both you and your baby. If you are pregnant and have been drinking, talk to your doctor or nurse.
- For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.



Drinking is **NOT**  
worth the risk if you're pregnant  
or trying to get pregnant.

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# When you drink, they drink.

When a pregnant woman drinks, so does her baby. So whether you are pregnant or trying to get pregnant, there is no guaranteed safe level of alcohol use. Drinking any kind of alcohol during pregnancy including red or white wine, beer and liquor can cause multiple birth defects and developmental disabilities known as fetal alcohol spectrum disorders (FASDs), including fetal alcohol syndrome. Fortunately, FASDs are 100% preventable if you don't drink while pregnant. For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.

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I'd like to have a drink, but while I'm pregnant, I'd rather do everything in my power to protect the health of my child.

I've read there is no guaranteed safe level of alcohol consumption during pregnancy. So from the time I started trying to get pregnant, I stopped drinking any kind of alcohol. That meant red and white wine, beer and liquor. It was hard at first, especially in social situations where I would normally have a drink. But I'd rather not take any chance of putting my child at risk for fetal alcohol spectrum disorders (FASDs). I know that FASDs include a wide range of physical and mental disabilities and lasting emotional and behavioral problems. Since FASDs are 100% preventable, by not drinking, I'm improving my child's chances of a healthy start. I may not be able to control everything during my pregnancy, but this is one sure thing I can do. For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.

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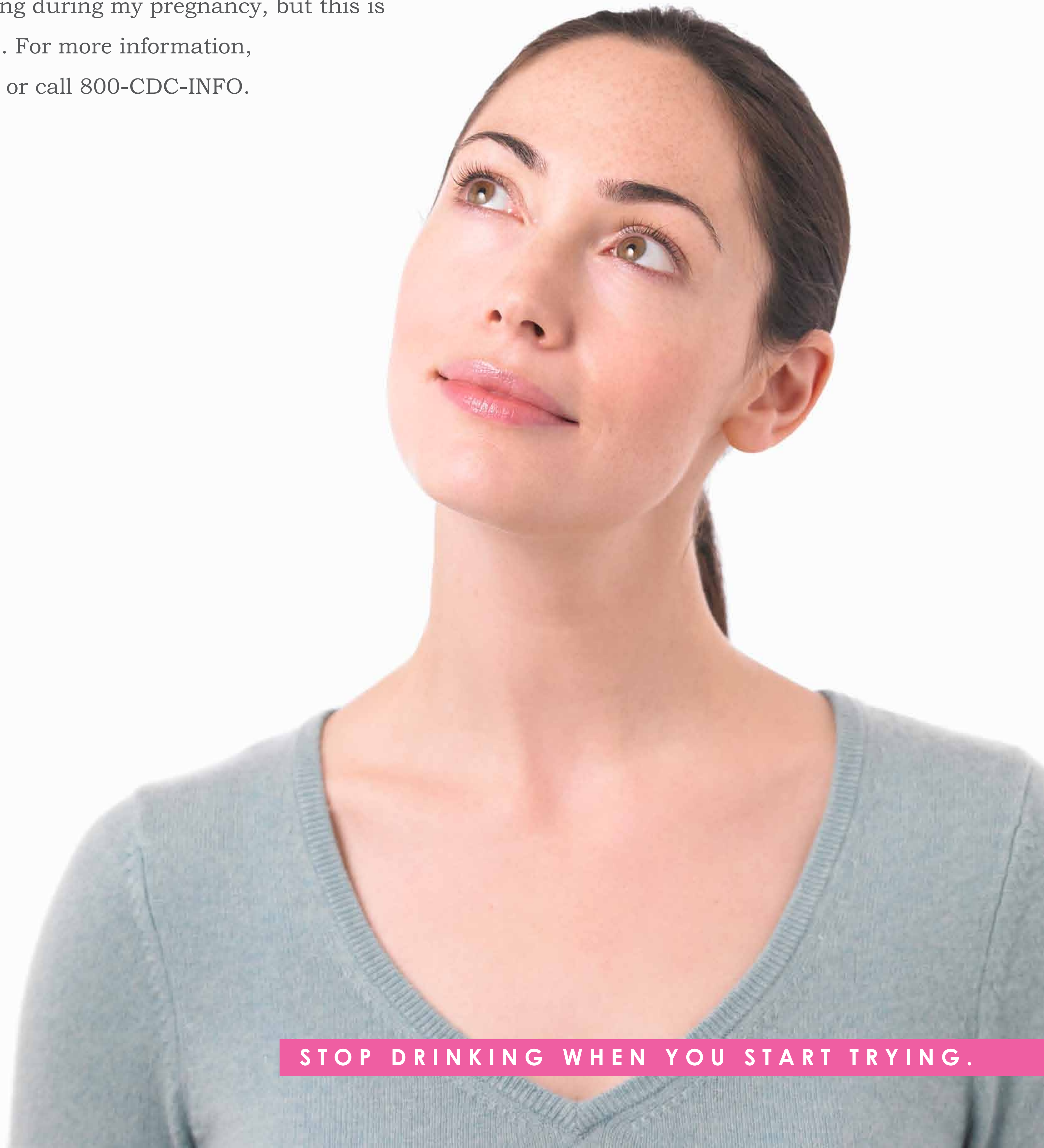
I'd like to have a drink, but since I'm trying to get pregnant, I'd rather do everything in my power to protect the health of my baby.

There is no guaranteed safe level of alcohol use at any time during pregnancy or even when you're trying to get pregnant. And that means any kind of alcohol; red or white wine, beer, and liquor. Since most women won't know they're pregnant until 4-6 weeks along, when you drink, you could unknowingly be exposing your unborn baby to alcohol, which can lead to fetal alcohol spectrum disorders (FASDs). FASDs include a wide range of physical and mental disabilities and lasting emotional and behavioral problems. Fortunately, FASDs are 100% preventable. By not drinking, you have the power to improve your child's chances of a healthy start. For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.

**STOP DRINKING WHEN YOU START TRYING.**

# I'd like to have a drink, but since I'm trying to get pregnant, I'd rather do everything in my power to protect the health of my baby.

I've read there is no guaranteed safe level of alcohol consumption during pregnancy or even when you're trying to get pregnant. I may not know that I am pregnant until about 4 to 6 weeks along, so I decided to stop drinking any kind of alcohol when I started planning to get pregnant. That meant red and white wine, beer and liquor. It was hard at first, especially in social situations where I would normally have a drink. When I do get pregnant, I do not want to take any chances at putting my unborn baby at risk for fetal alcohol spectrum disorders (FASDs). I know that FASDs include a wide range of physical and mental disabilities and lasting emotional and behavioral problems. Since FASDs are 100% preventable, by not drinking, I'm improving my child's chances of a healthy start. I may not be able to control everything during my pregnancy, but this is one sure thing I can do. For more information, visit [www.cdc.gov/fasd](http://www.cdc.gov/fasd) or call 800-CDC-INFO.



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