



LET'S TALK

ABOUT **ALCOHOL USE**
DURING PREGNANCY.



For more information, visit
WWW.CDC.GOV/FASD

ALCOHOL USE DURING PREGNANCY
IS ASSOCIATED WITH AN
INCREASED RISK OF

MISCARRIAGE STILLBIRTH
SIDS PRETERM BIRTH

AS WELL AS A RANGE OF
LIFELONG BEHAVIORAL, INTELLECTUAL,
AND PHYSICAL DISABILITIES, KNOWN AS
FETAL ALCOHOL
SPECTRUM DISORDERS (FASDs).

THERE IS **NO KNOWN SAFE AMOUNT**
OF ALCOHOL USE DURING PREGNANCY.



ALL TYPES OF ALCOHOL CAN
BE HARMFUL, INCLUDING



RED OR WHITE WINE,
BEER,
AND LIQUOR.

THERE IS ALSO **NO SAFE TIME**
DURING PREGNANCY TO DRINK.



DURING PREGNANCY,
ALCOHOL CAN

PASS FROM THE
PREGNANT PERSON

To

THE FETUS
AND AFFECT
ITS DEVELOPMENT.



NOT ALL BABIES WILL BE AFFECTED
BY ALCOHOL DURING PREGNANCY.

HOWEVER, IT IS IMPOSSIBLE
TO KNOW WHICH BABIES WILL
BE AFFECTED.



THERE IS NO KNOWN
SAFE AMOUNT, NO SAFE
TIME, AND NO SAFE TYPE
OF ALCOHOL USE
DURING PREGNANCY.