

ALL DRINKS WITH ALCOHOL
CAN HURT AN UNBORN BABY



IF YOU DRINK

DON'T GET PREGNANT

IF YOU'RE PREGNANT

DON'T DRINK

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FETAL ALCOHOL SPECTRUM DISORDERS NEVER GOES AWAY!

- No amount of alcohol is safe to drink while pregnant.
- If a woman drinks alcohol during pregnancy, there is a high risk of having a baby with Fetal Alcohol Spectrum Disorders.
- Birth defects and disabilities for a child with Fetal Alcohol Spectrum Disorders may include but are not limited to:

Facial changes

Brain damage

Learning and behavior problems

Low birth weight

Heart defects

Fetal death

WOMEN SHOULD NOT DRINK ALCOHOL IF PLANNING A PREGNANCY,
AT ANYTIME DURING PREGNANCY OR WHILE BREASTFEEDING

HELPFUL RESOURCES:

211

INFORMATION & REFERRAL CENTER

www.informationandreferral.org

Provides resources for community programs.

BABY YOUR BABY

800-826-9662 www.babyyourbaby.org

Covers medical costs during pregnancy.

UTAH FETAL ALCOHOL COALITION

www.utahfetalalcohol.org

Prevention and education resources.

DIVISION OF SUBSTANCE ABUSE

AND MENTAL HEALTH

www.dsamh.utah.gov

PREGNANCY RISK LINE

800-822-2229

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

www.pregnancyriskline.org

UTAH BIRTH DEFECT NETWORK

866-818-7096

A source for prevention and information on birth defects.

www.health.utah.gov/birthdefect

TO FIND A TREATMENT PROVIDER

IN YOUR AREA:

www.hdsa.state.ut.us/locationsmap.htm

FETAL ALCOHOL SPECTRUM DISORDERS IS 100% PREVENTABLE
IF WOMEN DO NOT DRINK DURING PREGNANCY.