All Drinks With Alcohol Can Hurt An Unborn Baby

If you drink—Don’t Get Pregnant

If you’re pregnant—Don’t Drink

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.hsdsa.utah.gov
  Prevention and education resources.
- Division of Substance Abuse and Mental Health
  www.dsamh.utah.gov
- Pregnancy Risk Line
  800-822-2229
  www.pregnancyriskline.org
  Answers questions about drugs, alcohol and other exposures during pregnancy and while breastfeeding.
- Utah Birth Defect Network
  866-818-7096
  www.health.utah.gov/birthdefect
  A source for prevention and information on birth defects.
- To find a treatment provider in your area:
  www.hsdsa.state.ut.us/locationsmap.htm

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

Fetal Alcohol Spectrum Disorders is 100% preventable if women do not drink during pregnancy.