

ALL DRINKS WITH ALCOHOL
CAN HURT AN UNBORN BABY



IF YOU DRINK
DON'T GET PREGNANT

IF YOU'RE PREGNANT
DON'T DRINK

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

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	Low birth weight
Brain damage	Heart defects
Learning and behavior problems	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.hdsa.utah.gov
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.