

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](http://www.informationandreferral.org)  
Provides resources for community programs.

BABY YOUR BABY  
800-826-9662 [www.babyyourbaby.org](http://www.babyyourbaby.org)  
Covers medical costs during pregnancy.

UTAH FETAL ALCOHOL COALITION  
[www.hdsa.utah.gov](http://www.hdsa.utah.gov)  
Prevention and education resources.

DIVISION OF SUBSTANCE ABUSE  
AND MENTAL HEALTH  
[www.dsamh.utah.gov](http://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](http://www.pregnancyriskline.org)

UTAH BIRTH DEFECT NETWORK  
866-818-7096

A source for prevention and  
information on birth defects.  
[www.health.utah.gov/birthdefect](http://www.health.utah.gov/birthdefect)

TO FIND A TREATMENT PROVIDER  
IN YOUR AREA:  
[www.hdsa.state.ut.us/locationsmap.htm](http://www.hdsa.state.ut.us/locationsmap.htm)

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