



LET'S TALK

ABOUT ALCOHOL USE
DURING PREGNANCY.



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

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.



TRIMESTER

**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).**



Look for more information
from NACCHO on how your
local health department can
prevent and address FASDs.

Ask to join our mailing
list to learn more:

LetsTalkFASD@gmail.com



NACCHO
National Association of County & City Health Officials

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