



# LET'S TALK

ABOUT ALCOHOL USE  
DURING PREGNANCY.



For more information, visit  
[WWW.CDC.GOV/FASD](http://WWW.CDC.GOV/FASD)

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).

THERE IS **NO KNOWN SAFE AMOUNT**  
OF ALCOHOL USE DURING PREGNANCY.



ALL TYPES OF ALCOHOL CAN  
BE HARMFUL, INCLUDING



THERE IS ALSO **NO SAFE TIME**  
DURING PREGNANCY TO DRINK.



DURING PREGNANCY,  
ALCOHOL CAN

PASS FROM THE  
PREGNANT PERSON

To

THE FETUS  
AND AFFECT  
ITS DEVELOPMENT.



NOT ALL BABIES WILL BE AFFECTED  
BY ALCOHOL DURING PREGNANCY.

HOWEVER, IT IS IMPOSSIBLE  
TO KNOW WHICH BABIES WILL  
BE AFFECTED.



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