All Drinks With Alcohol Can Hurt An Unborn Baby

Don’t Get Pregnant if you drink

Don’t Drink if you’re pregnant

Fetal Alcohol Spectrum Disorders Never Goes Away!

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.

Helpful Resources:

• 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

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
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.hsdsa.state.ut.us/locationsmap.htm
www.utahfetalalcohol.org

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