



# 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**



**RED OR WHITE WINE,**  
**BEER,**  
**AND LIQUOR.**

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



**TRIMESTER**

DURING PREGNANCY,  
ALCOHOL CAN

**PASS FROM THE**  
**PREGNANT WOMAN**

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.