AN ALCOHOL-FREE PREGNANCY IS THE BEST CHOICE FOR YOUR BABY.

What we know:

- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.

What can happen:

- Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral and intellectual disabilities. These disabilities are known as fetal alcohol spectrum disorders (FASDs).

What you can do:

- FASDs are completely preventable if a woman does not drink alcohol during pregnancy.
- For more information, visit **www.cdc.gov/fasd** or call **800–CDC–INFO**.

When a pregnant woman drinks alcohol, so does her baby. Why take the risk?