

# Get Help!

*We have resources to help you.*

For more information on help to stop drinking, call:

**GATEWAY: Alcohol and Drug  
Adult Managed-Care Services**  
1 (800) 488-9919

**Alcoholics Anonymous in Santa Clara County**  
12 step support group meetings in various locations  
[www.aasanjose.org](http://www.aasanjose.org)  
(408) 374-8511

For prenatal care information and referrals call:

**Santa Clara County Public Health Department**  
**Maternal, Child & Adolescent Health**  
1 (800) 310-2332

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The Coalition for Alcohol & Drug Free Pregnancies  
[www.cadfp.org](http://www.cadfp.org)

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## If You're Pregnant

*Think About Your Baby's Health*



## Don't Drink Alcohol

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*Think About Your Baby's Health*

## Don't Drink Alcohol

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**If you drink alcohol during your pregnancy, it can hurt your baby's growth. Your baby can have physical and behavioral problems that can last for the rest of his or her life.**

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**If you drank alcohol before you knew you were pregnant, stop drinking now. You will give your baby a better chance to be born healthy.**

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**If you want to get pregnant, do not drink. You may not know you are pregnant right away.**

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**Alcoholic drinks are beer, wine, wine coolers, liquor and mixed drinks.**

Effects of prenatal alcohol use can be seen years later. Some babies whose mothers drank alcohol during pregnancy develop Fetal Alcohol Spectrum Disorders (FASD).

**How many alcoholic beverages can I drink during my pregnancy?**

**None.** There is no safe amount of alcohol during pregnancy.

**Which alcoholic beverages can I drink during my pregnancy?**

**None.** Drinking any kind of alcohol when you are pregnant can hurt your baby.

## What is FASD?

FASD is a term that is used to describe a range of effects that can happen to a child whose mother drank alcohol during pregnancy. These effects may last a lifetime.

The effects of FASD vary from person to person. Some of the common problems seen in FASD affected children are:

- Born too small
- Have problems eating and sleeping
- Have problems seeing and hearing
- Have trouble following directions and learning how to do simple things
- Have trouble paying attention and learning in school
- Need special teachers and schools
- Have trouble getting along with others and controlling their behavior
- Need special medical care all of their lives

Once a child has FASD, there is no cure:

- Children do not outgrow FASD
- The physical and behavioral problems can last for a lifetime

## How can FASD be prevented?

FASD is 100% preventable. You have to stop all use of alcohol during your pregnancy and while you breastfeed your baby.

There is no known safe amount of alcohol or time to drink alcohol during pregnancy.

Do not drink any kind of alcoholic beverage, including beer, wine, wine coolers and hard liquor, throughout the pregnancy or while nursing or when planning to become pregnant.