

Drinking alcohol can cause **lifelong physical, mental, or behavioral disabilities** to your unborn child.
Why risk it?

LEARN ABOUT Fetal Alcohol Spectrum Disorders (FASD) @ NotEven1.org

FASD is the umbrella term for the lifelong impairments caused by prenatal exposure to alcohol.¹

To learn more about FASD, treatments, and resources available visit

www.NotEven1.org



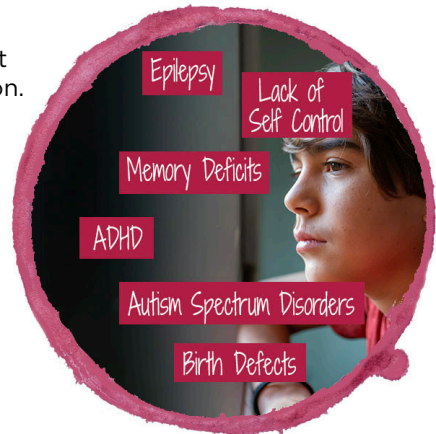
What are the causes of FASD?

FASD is caused by consumption of alcohol throughout the pregnancy, when alcohol in the mother's blood passes to the baby through the umbilical cord.² Including the earliest stages of pregnancy, before the mother even knows she may be pregnant, there is no known safe amount of alcohol during pregnancy, and there is no safe time to drink alcohol from conception through pregnancy and breastfeeding.³

What are common signs and symptoms of FASD?

The conditions of FASD affect each person in different ways and can range widely in severity and presentation. Common signs and symptoms of FASD include some combination of the following:

- Hyperactivity
- Mood disorders
- Hyper or hyposensitivity to light, sound, texture
- Difficulty with attention
- Difficulty in school
- Poor memory
- Learning disabilities



1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4959594/>

2 <https://www.cdc.gov/ncbddd/fasd/facts.html>

3 <https://www.cdc.gov/ncbddd/fasd/facts.html>