

Healthy Mothers Healthy Babies

Alcohol & Pregnancy

Protect Your Baby from Fetal Alcohol Spectrum Disorders (FASD)



*With you
every step of the way –
before, during and
after pregnancy.*



**HEALTHY
MOTHERS
HEALTHY
B·A·B·I·E·S**
COALITION OF HAWAII

If you are pregnant or think you may become pregnant soon, DO NOT DRINK ALCOHOL.

How can alcohol hurt my baby?

Drinking alcohol while you are pregnant can harm your unborn baby by causing Fetal Alcohol Spectrum Disorders (FASD). FASD include brain damage, vision and hearing problems, slow growth, heart problems and birth defects such as deformed or stunted bones.

What can I do to protect my baby from FASD?

While there is no cure for FASD, it is 100 percent preventable if you don't drink alcohol while you are pregnant. There is no known safe amount of alcohol to drink while you are pregnant, and there is no safe time to drink if you are pregnant. All types of alcohol can harm your baby — even wine, wine coolers and beer.

Drinking **ALCOHOL**
at **ANY TIME**
while you are **PREGNANT**
can **HURT YOUR BABY.**



If You are Pregnant and Drinking, **QUIT NOW**



If you are pregnant and drinking alcohol, you can still help your unborn baby if you stop drinking now. The more alcohol you drink while you are pregnant, the more likely your baby is to be born with FASD. If you need help to stop drinking, talk to your health care provider.

To find a substance abuse treatment facility in your area, visit www.findtreatment.samhsa.gov or call the SAMHSA Substance Abuse Treatment Referral Helpline at:

- 1-800-662-HELP (4357)
- 1-800-662-9832 (Español)
- 1-800-228-0427 (TDD)

For more helpful resources and information, visit www.hmhb-hawaii.org. You can click through a variety of information in over 20 different categories to help you with questions for before, during and after pregnancy. Or you can go to The Directory on our website to search for resources by keyword, island and category!

Healthy Mothers Healthy Babies Coalition of Hawai'i



CLICK

www.hmhb-hawaii.org

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TEXT

BABY (BEBE para español) to 511411



CALL

O'ahu (808) 951-6660

Toll-Free Neighbor Islands (888) 951-6661



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Healthy Mothers Healthy Babies
Coalition of Hawai'i is a member
of the National Healthy Mothers
Healthy Babies Coalition.



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