

*Every day counts  
during  
pregnancy*

Your use of alcohol, tobacco, or other drugs at any time during your pregnancy can cause permanent damage to your baby, such as:

- brain damage
- poor coordination
- inability to learn
- hyperactivity
- facial deformities
- mental retardation
- physical deformities
- behavioral problems

Your child may need:

- special medical attention
- special education
- lifelong supervision

Babies who have lifelong problems caused by their mother's use of alcohol may have:

**F.A.S.D.  
Fetal Alcohol Spectrum Disorders**

**What Causes FASD?**

FASD is caused by the mother drinking alcohol during pregnancy.

**Some Facts About FASD:**

- Alcohol causes more damage to the developing baby's brain than any other substance.
- FASD is the leading cause of developmental disabilities and mental retardation.
- One drink per day during 9 months of pregnancy is equal to 30 baby bottles full of alcohol.
- Your actions make all the difference. If you are pregnant or planning to get pregnant, no amount of alcohol is safe for your baby.

**FASD is 100% preventable**—if a woman does not drink alcohol while she is pregnant.

You  
— and only you —  
can prevent these  
serious problems

**PLAN AHEAD**

If you are pregnant,  
don't smoke,  
drink  
or use drugs.  
Even if you are  
only thinking of  
getting pregnant,  
stop all  
drug and alcohol  
use first.

When you are pregnant...  
smoking, drinking or  
doing drugs is  
*NEVER OK!*

**No amount is OK.  
No time is OK.**

*Are you pregnant?  
Are you thinking  
about getting  
pregnant?*

## TAKE THIS SHORT TEST

- YES NO** Do you drink any alcohol?
- YES NO** Do you smoke tobacco?
- YES NO** Do you use other drugs?
- YES NO** Are you having unprotected sex?
- YES NO** Do you think there are safe times or amounts to drink alcohol during pregnancy?

If you answered **YES** to any of these questions, educate yourself about the effects on your baby's future. Call for free and confidential information.

*Help your baby  
get a good start  
in life*

Don't smoke,  
drink  
or  
do drugs.

Think of that baby  
who depends on you.

Do it for yourself.  
Do it for your baby.

## Help is available!

For more information, call  
Maine Office of Substance Abuse  
Information & Resource Center  
**1-800-499-0027**  
**TTY: 1-800-606-0125**  
e-mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)  
Web: <http://www.maineosa.org>

The Department of Health and Human Services is legislatively charged to comply with chapter 19, Subsection 62, 1-A.

In accordance with federal and state laws, the Maine Office of Substance Abuse does not discriminate on the basis of gender, race, religion, color, national origin, creed, disability or age in admission or access to treatment, services or employment in its programs and activities.

This Publication may be made available in an alternate form.

*Alcohol  
and other drugs  
can harm  
your baby*



If you drink or drug during pregnancy, the effects can last a lifetime.

**1-800-499-0027**  
**TTY: 1-800-606-0215**