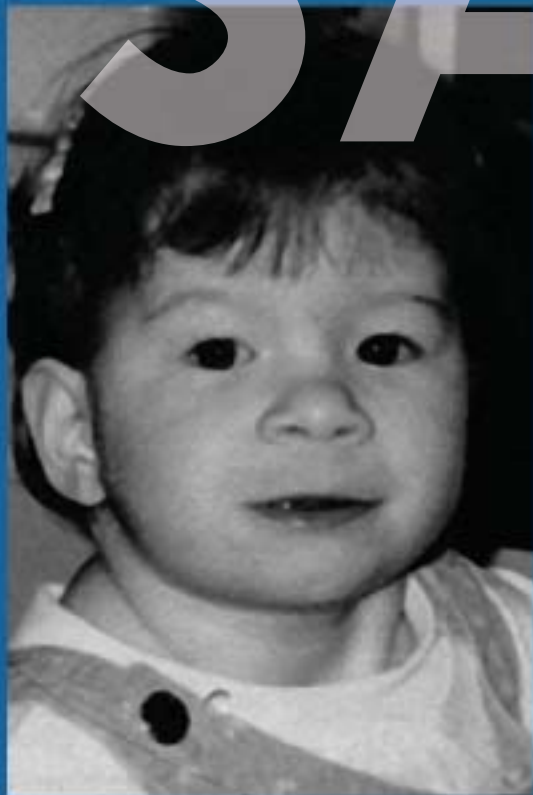


What is *Fetal Alcohol Syndrome (FAS)?*

FETAL ALCOHOL SYNDROME (FAS) IS THE NAME GIVEN TO A CLUSTER OF PHYSICAL AND MENTAL DEFECTS PRESENT AT BIRTH THAT ARE THE DIRECT RESULT OF A WOMAN DRINKING ALCOHOLIC BEVERAGES WHILE SHE IS PREGNANT.



IF YOU ARE PREGNANT OR THINK THAT YOU MIGHT BECOME PREGNANT, STOP DRINKING BEER, WINE, AND LIQUOR. STOP USING ANY DRUGS OR MEDICATIONS UNLESS YOUR DOCTOR PRESCRIBES THEM. STOP SMOKING. EAT HEALTHY FOODS, GET PLENTY OF EXERCISE AND SLEEP, AND GET PRENATAL CARE.

10 Facts About Alcohol Use in Pregnancy

*GIVE YOUR BABY THE CHANCE
OF A HEALTHY LIFETIME.
DON'T DRINK ALCOHOL
WHILE YOU ARE PREGNANT.*

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10 Facts About Alcohol Use in Pregnancy:

What you need to know about
Fetal Alcohol Syndrome

