ALCOHOL AND PREGNANCY DON’T MIX
BRAIN DEVELOPMENT CAN BE AFFECTED BY ALCOHOL AT ANY TIME DURING PREGNANCY

Teratogens are substances that can cause abnormal fetal development.

Alcohol is a powerful teratogen that targets the brain.

The disabilities caused by alcohol exposure during pregnancy are called fetal alcohol spectrum disorders (FASDs) and last a lifetime.

For more information, please visit www.cdc.gov/fasd

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*Adapted from Moore, 1993 and the National Organization of Fetal Alcohol Syndrome (NOFAS), 2009.