Damage to brain causes difficulty learning, remembering, thinking things through and getting along with others
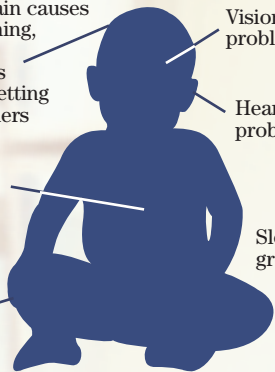
Vision problems

Hearing problems

Heart, kidney, liver and other organ damage

Slow growth

Bones, limbs and fingers that are not formed properly

Be Safe: Have an alcohol-free pregnancy

- *Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby.*

Wine = *Beer* = *Spirits* = *Cooler*

Any kind of alcohol can harm your baby

- *It is safest not to drink any alcohol during pregnancy.*

- *In fact it is best to stop drinking before you get pregnant.*

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by/par health nexus santé

Tear off sheet - front

If you drank alcohol before you knew you were pregnant

Call Motherisk 1-877-FAS-INFO (1-877-327-4636) for individual information about the possible risks to your baby.

If you need help to stop drinking

Get help right away:

- Call Motherisk, 1-877-FAS-INFO (1-877-327-4636)
- Talk to your health care provider
- Call your local health unit
- Call your local Friendship Centre
- Call Telehealth Ontario at 1-866-797-0000

If you need more information visit:

www.alcoholfreepregnancy.ca

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