


## A Pregnant Woman Never Drinks Alone



If you're  
pregnant,  
don't drink.

If you drink,  
don't get  
pregnant.

**Fetal Alcohol  
Spectrum  
Disorder**

is the leading  
known cause  
of preventable  
developmental  
disabilities.



**National Council on Alcoholism and  
Drug Dependence** — *Rochester Area*  
(585) 719-3480 • [www.ncadd-ra.org](http://www.ncadd-ra.org)