How much is too much?

Drinking too much includes:

**Women**
- 8 or more drinks a week
- 4 or more drinks within 2-3 hours

**Men**
- 15 or more drinks a week
- 5 or more drinks within 2-3 hours

**Under 21**
- any alcohol use

**Pregnant Women**
- any alcohol use
  - see reverse side for more information

*Drinking too much is linked with many risks:*

- injuries/violence
- heart disease
- cancer
- sexually transmitted diseases
- fertility problems
- unintended pregnancy

*These are risks for both women and men.

Information sourced from: www.cdc.gov/vitalsigns/fasd/
For a pregnant woman and her developing baby, alcohol exposure can cause:

• fetal alcohol spectrum disorders (FASDs)
• sudden infant death syndrome (SIDS)
• miscarriage
• stillbirth
• prematurity

ANY alcohol use is too much if you are pregnant.

Make a plan for a healthy baby - don't drink any alcohol if you are pregnant or might be pregnant.