

Public Service Announcement

International FASD Awareness Day

Start Date: September 7, 2016 End Date: September 9, 2016

Nunavut 45 sec

September 9 is International FASD Awareness Day, created to raise awareness about the dangers of drinking during pregnancy.

Fetal alcohol spectrum disorders (FASD) is 100 per cent preventable and can only be caused if a woman drinks alcohol during pregnancy. Alcohol in the mother's blood is passed to the baby through the umbilical cord.

To prevent FASD, a woman should not drink any alcohol while pregnant. It is important to know there is no safe amount of alcohol during pregnancy.

Partners, family and friends, to support alcohol-free pregnancies, you can cut down or eliminate your own alcohol use by sharing milk, juice and water with mothers-to-be. You can also encourage pregnant women to get prenatal care at the local health center.

FASD Awareness Day events are planned in communities throughout Nunavut. For more details on events in your community, please contact your community health representative.

Please remember, there is no cure for FASD and no amount of alcohol is safe to drink during pregnancy.

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