


Foetal Alcohol Syndrome

Pregnant? – Don't drink Alcohol

9th
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Foetal Alcohol Syndrome (FAS) is a mounting crisis in South Africa.

South Africa has the highest reported FAS prevalence rates worldwide (WHO September 2020). As high as 29% of all live births in some of our communities.



Alcohol and Drug Concerns (**Foundation for Prevention**) is alarmed at the high prevalence of pregnant mothers drinking alcohol during their pregnancy. This habit causes damage to specific areas of the foetal brain which results in the many abnormal facial features, learning disabilities, mental illness and much more.

There is **no amount** and **no type** of alcohol during pregnancy that is risk-free. There is **no time** during pregnancy when drinking alcohol is risk-free. Women who are pregnant or planning on getting pregnant should not drink any alcohol at all.

One of the best things you can do for your unborn child is to avoid alcohol during your pregnancy – giving your unborn child the best possible start for their future.



FAS is a
**permanent
disability**



100%
Preventable
Incurable



alcohol and drug concerns - gauteng