

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



**NO
SAFE
TIME
NO
SAFE
AMOUNT**



KNOW THE **EXPERT ADVICE**

If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

UK Chief Medical Officers

For helpful tips and advice to go alcohol free during pregnancy, or to support a loved one, find out more at drymester.org.uk/suffolk



Speak to your midwife if you need help and support to stop using alcohol in pregnancy.

Language translations available on request.

