

Our community supports a



Alcohol and Drug-Free Pregnancy!

A healthy lifestyle free of alcohol and drugs will help to give your baby the best start in life.



There is no safe amount of alcohol to drink during pregnancy - even one is too many!

Using drugs, including some prescription and over-the-counter drugs, during pregnancy can also harm your baby.

If you are trying to get pregnant, or are pregnant already, the healthiest choice is to stop drinking alcohol and only use drugs that are prescribed by your health care provider.

The earlier you stop, the better for you and your baby.

If you have any questions on alcohol and drug use during pregnancy, please talk to your health care provider.

For more **information:**

1 800 0-Canada

www.healthypregnancy.gc.ca



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