

**ALCOHOL &
PREGNANCY
DON'T
MIX**

A photograph of a man and a pregnant woman. The man is on the left, wearing a grey t-shirt, and is embracing the woman from behind. The woman is on the right, wearing a red tank top, and is looking down at her belly. Her hands are clasped together in front of her. The background is a bright, out-of-focus outdoor setting.

Alcohol can hurt
your baby. It is
safest not to drink
when pregnant.

For more information
call the BC Nurseline
1.866.215.4700

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