

**See below suggested text to post on social media with the graphics. If you have any queries, please contact** [**info@drymester.org.uk**](mailto:info@drymester.org.uk)**.**

Know the Expert Advice:

We’re joining businesses across Greater Manchester introducing the #DRYMESTER conversation to help reduce cases of FASD. Find out more here: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

FASD Prevalence:

FASD is a range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy and is entirely preventable. We’re joining businesses across Greater Manchester to help reduce cases of FASD. Find out more here: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

Do You Know?

#DRYMESTER have created plenty of resources to talk about alcohol free pregnancies in the workplace, not only to expectant mothers but to their families and friends, so you’ll be armed with all the information you need. Find out more here: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

CMO Guidance:

Chief Medical Officers advise 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. We’re joining businesses to reduce cases of FASD. [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

FASD Lifelong Disabilities:

DRYMESTER have created plenty of resources to talk about alcohol free pregnancies in the workplace, so expectant mothers, their families and friends, know the expert advice and risks of drinking alcohol during pregnancy. Find out more here: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

Supporting Alcohol Free Pregnancies

Chief Medical Officers advise 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. We’re joining businesses helping to reduce cases of FASD. [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

FASD Carousel or Animation Version:

Recent prevalence research shows that FASD may affect up to 3.6% of children in Greater Manchester. That’s the equivalent of 1,238 children born each year with lifelong disabilities as a result of prenatal alcohol exposure. We’re talking about alcohol free pregnancies in our workplace to help reduce cases of FASD: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)

Business Carousel or Animation Version:

It’s estimated that 41% of pregnancies in the UK are alcohol exposed. We’re supporting our team in going alcohol free during pregnancy with the latest advice and guidance: [www.drymester.org.uk/businesses](http://www.drymester.org.uk/businesses)