

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



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/he



Essex County Council



Hertfordshire