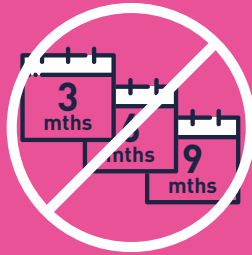


HOW MUCH ALCOHOL IS SAFE TO DRINK DURING PREGNANCY?

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



#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



Essex County Council



Hertfordshire



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