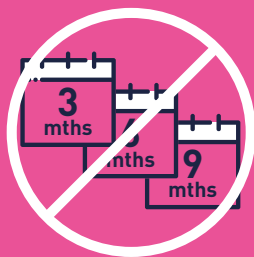


# HOW MUCH ALCOHOL IS SAFE TO DRINK DURING PREGNANCY?

**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



For helpful tips and advice to go alcohol free during pregnancy, or to support a loved one, find out more at [drymester.org.uk/ss](https://drymester.org.uk/ss)