

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



**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**

**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)**



Speak to your midwife if you need help and support to stop using alcohol in pregnancy.

Language translations available on request.