

Just found out you're pregnant?

It's never too late to get the facts about alcohol and pregnancy



- Many pregnancies are not planned. If you drank alcohol before you knew you were pregnant, you can make a confidential call to Motherisk for helpful information.
- There are still many things you can do to have a healthy pregnancy and a good start for your baby.
- If you are pregnant or planning a pregnancy, it is safest not to drink any alcohol, because no amount of alcohol has been proven safe.

CALL:
1-877-327-4636

OR VISIT:
www.motherisk.org
