NO ALCOHOL IN PREGNANCY IS THE SAFEST CHOICE

Say no to alcohol when you are pregnant

No thanks, not while I'm pregnant

No thanks, when I drink so does my baby

No thanks, I'm on a health kick

No thanks, I want to have a solid kid

For more information, please speak to a health professional

The possible effects of drinking alcohol during pregnancy are:

- Brain damage
- Birth defects
- Poor growth
- Social and behavioural problems
- Delayed development
- Low IQ

The effects are life-long and may not be seen at birth

Alcohol and Drug Information Services

Australian Capital Territory	Ph: (02) 6207 9977 (24 hrs)
New South Wales	Ph: 1800 422 599 (24 hrs)
Northern Territory	Ph: (08) 8922 8399
Queensland	Ph: 1800 177 833 (24 hrs)
South Australia	Ph: 1300 131 340 (24 hrs)
Tasmania	Ph: 1800 888 236 (24 hrs)
Victoria	Ph: 1800 888 236 (24 hrs)
Western Australia	Ph: 1800 198 024 (24 hrs)

www.ichr.uwa.edu.au/alcoholandpregnancy

DAO007 Wallet Card NO ALCOHOL IN PREGNANCY IS THE SAFEST CHOICE