



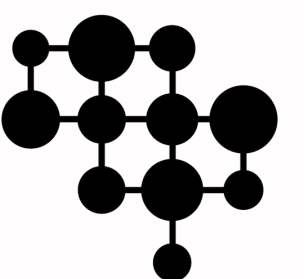
PREGNANT? PLANNING A PREGNANCY?

**The safest approach is
not to drink alcohol at all.
Keep risks to your baby
to a minimum.**

UK Chief Medical Officers

Questions? Ask your GP or midwife

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