

# **A HEALTHY BABY BEGINS WITH YOU**

## **PREGNANCY & ALCOHOL DO NOT MIX**

**Drinking beer, wine or liquor  
while you are pregnant or a nursing  
mother can be harmful to your baby.**

**According to the U.S. Surgeon General,  
no amount of alcohol consumption  
can be considered safe during pregnancy.**

**For more information, please call the  
Philadelphia Department of Public Health:**

**(215) 685-5225**

