

MYTH VS. FACT

MYTH

It is ok to drink alcohol towards the end of my pregnancy...

Alcohol can harm a developing baby at any time during pregnancy.

FACT

MYTH

An occasional glass of wine throughout my pregnancy won't put my baby at risk...

If you are pregnant or planning a pregnancy, no alcohol is the safest option.

FACT

Alcohol Free
IS THE WAY TO BE!

WHEN PREGNANT, PLANNING A PREGNANCY OR BREASTFEEDING

To find out more go to
www.southburnett.qld.gov.au/fasd
#FASDisEverybodysBusiness



Alcohol
and Drug
Foundation



Australian Government





**SHOW
YOUR
SUPPORT**

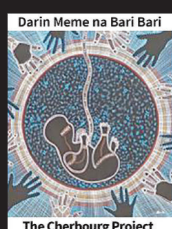
BY GOING

*Alcohol
Free*

**DURING HER
PREGNANCY**

Talk to your GP
or midwife about
staying alcohol
free during your
pregnancy.

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Local Drug Action Team Program

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