



# Be Safe: Have an alcohol-free pregnancy

If you are pregnant or  
planning a pregnancy,  
it is safest not to  
drink any alcohol.

**No safe time.  
No safe amount.  
No safe kind.**

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**FASD | ONE**

Fetal Alcohol Spectrum Disorder  
Ontario Network of Expertise

Contact Motherisk for helpful information:

**1-877-FAS-INFO**

[www.alcoholfreepregnancy.ca](http://www.alcoholfreepregnancy.ca)

**best start  
meilleur départ**

by/par health **nexus** santé