

# 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

