



Think Before You **DRINK**

- Drinking any type of alcohol while pregnant can hurt your baby's brain, heart, kidneys and other organs and cause birth defects.
- The safest choice is not to drink at all when you are pregnant or trying to become pregnant.
- **If you might be pregnant, think before you drink.**

For More Information
PLEASE CONTACT

March of Dimes:
MarchOfDimes.com

Iowa Substance Abuse
Information Center:
DrugFreeInfo.org/Services.html
Toll Free# 866.242.4111

Iowa Alcoholic Beverages Division:
IowaABD.com
Toll Free #866.IowaABD

To find more information on how
drinking affects your pregnancy
contact BirthDefects.org.