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.

ALCOHOLIC BEVERAGES DIVISION
State of Iowa

march of dimes