

Pregnant women need to

BE IN THE **KNO**w

- ✓ **NO** Alcohol
- ✓ **NO** Smoking
- ✓ **NO** Drugs

Think about it...

Every time you drink alcohol, smoke or use drugs, so does your baby. Alcohol, cigarettes and drugs can harm your unborn child!

For more information, call the New Jersey Family Health Line at
1-800-328-3838 or www.fasnj.org

