

Pregnant women need to BE IN THE KNOW

- ✓ **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