

**Because it's your birthday.
Because it's been a long day.
Because it's your anniversary.
Because everyone does it.
Because it's your
friend's leaving party.
Because you've just been promoted.
Because it would be rude not to.
Because of your family.**

**IF YOU'RE
PREGNANT,
THERE'S NO
EXCUSE
TO HAVE A
DRINK.**

find out more at:

www.embarazadasceroalcohol.es

If you are pregnant, are thinking of becoming pregnant soon, or are currently breastfeeding, the slightest amount of alcohol is too much for your baby.

**THE ONLY SAFE AMOUNT OF ALCOHOL
IS NO ALCOHOL.**



GOBIERNO
DE ESPAÑA

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www.mspsi.es