



going out with your friends: **GOOD MIX**

drinking if you think you're pregnant:

BAD MIX

alcohol* and pregnancy don't mix

*includes beer and wine

For information on birth defects and
developmental problems from alcohol, call the

Pregnancy Risk Line 1-800-822-2229

(all calls are confidential)

This message is brought to you by
Utah Department of Alcoholic Beverage Control
Utah Department of Health: Birth Defect Network and Pregnancy Risk Line
Utah Department of Human Services: Division of Substance Abuse and Mental Health
Utah Fetal Alcohol Coalition