

Pregnancy, alcohol, and staying home during COVID-19

Be aware that:

- Drinking alcohol when you are pregnant or breastfeeding may harm your baby.
- Not drinking alcohol helps you make good choices for you and your baby.
- Picking nutritious foods helps keep you and your baby healthy.
- Drinking alcohol does not kill viruses or protect you from catching them.
- Learning a new hobby or trying new activities can help you feel better while staying at home. If you are sad and can't seem to feel better, talk to your doctor or midwife.

Stay safe. Keep well. Be informed.

Resources

Public Health Agency of Canada's Sensible Guide to a Healthy Pregnancy: <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>.



To learn more visit pregnancyinfo.ca/alcohol