

# WARNING:

## DO NOT MIX WITH PREGNANCY.

**A**ny amount of any alcohol — even wine or beer — can affect your unborn baby for life. Even if you only have a little, and even if you don't know you're pregnant.

It could lead to problems your baby can't grow out of. Vision or hearing problems. Heart defects. Behavior and mental problems. Brain damage.

If you could be pregnant — or if you want to get pregnant — don't drink. If you need help to quit, talk to your doctor now, whether you're pregnant or not. It's the best thing you can do for your baby's future, and yours.

*For help or more information, call:*

Office of Alcohol and Drug Abuse Prevention

**501-686-9164**



**ARKANSAS DEPARTMENT OF  
HUMAN SERVICES**

THE INFORMATION WILL HELP YOU LEARN ABOUT SOME BENEFITS PROVIDED UNDER MEDICAID. AFMC IS NOT PROVIDING LEGAL ADVICE. REVISED APRIL 2019.

