| Tools You Can Use | Graphics  Social Media Ideas |
| --- | --- |

Graphics and animated GIFs, available on CDC website at <https://www.cdc.gov/ncbddd/birthdefects/materials.html>.

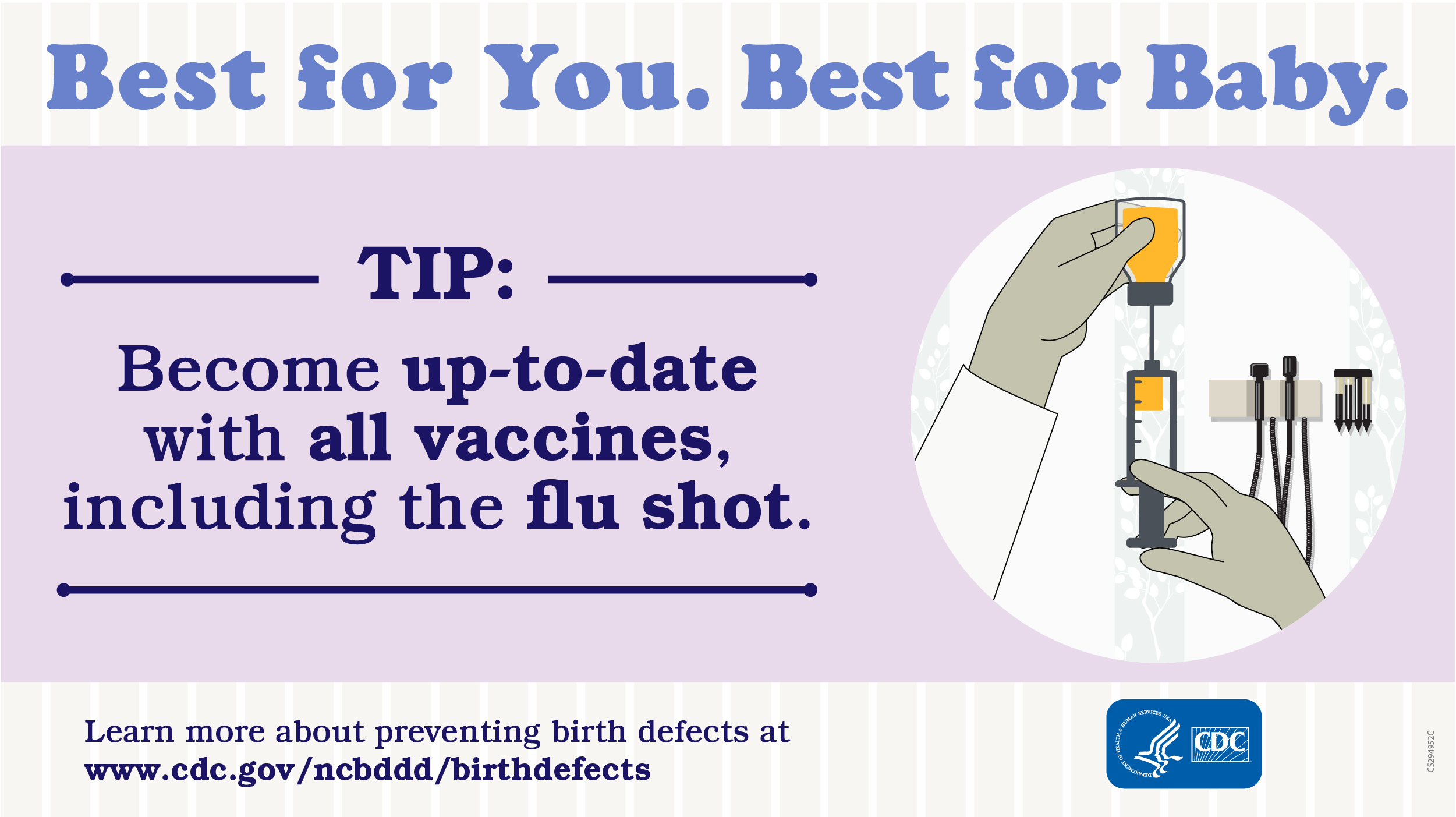
**Tip** ❶: **Be sure to take 400 micrograms (mcg) of folic acid every day.**

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**Tip** ❷**: Book a visit with your healthcare provider before stopping or starting any medicine.**

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**Tip** ❸**: Become up-to-date with all vaccines, including the flu shot.**



**Tip** ❹**: Before you get pregnant, try to reach a healthy weight.**

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**Tip** ❺**: Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.**



**Social Media Engagement Idea**

Use the "**Best for You. Best for Baby.**" theme by encouraging “selfies” of women carrying out some of the theme tips for birth defects prevention.

Examples

|  |  |
| --- | --- |
| Kerri posted:  I'm taking my prenatal vitamin every day because it's best for me and best for baby. What are you doing that's #Best4YouBest4Baby? Show it in a selfie! | Kara posted:  When I was pregnant, I frequently took my dog for a walk to not only get moving but also to get a little sunshine and fresh air. #Best4YouBest4Baby |