

JANUARY is

Birth Defects Prevention Month...

...but any month is the month
to prevent birth defects.

- **TAKE A VITAMIN**
with 400 micrograms
(mcg) of folic acid
every day.
- **DON'T SMOKE**
or drink alcohol.
- **WASH YOUR HANDS**
often with soap and
water to prevent
infections.
- **SEE YOUR HEALTH**
care professional
regularly.

*Whether or not you are planning a pregnancy,
now is the time to prevent birth defects.*



Visit

www.cdc.gov/ncbddd

to learn more
about preventing
birth defects.

