Tools You Can Use

Graphics

Social Media Ideas


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

Tip ❷: Book a visit with your healthcare provider before stopping or starting any medicine.
Tip ❶: Become up-to-date with all vaccines, including the flu shot.

Best for You. Best for Baby.

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**TIP:**

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

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Learn more about preventing birth defects at www.cdc.gov/ncbddd/birthdefects

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

Best for You. Best for Baby.

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**TIP:**

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

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Learn more about preventing birth defects at www.cdc.gov/ncbddd/birthdefects

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

Best for You. Best for Baby.

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**TIP:**

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

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Learn more about preventing birth defects at www.cdc.gov/ncbddd/birthdefects
**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**

<table>
<thead>
<tr>
<th>Kerri posted:</th>
<th>Kara posted:</th>
</tr>
</thead>
<tbody>
<tr>
<td>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!</td>
<td>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</td>
</tr>
</tbody>
</table>

![Kerri's selfie](image1.png) ![Kara's selfie](image2.png)