Tools You Can Use


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

Best for You. Best for Baby.

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

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

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

Best for You. Best for Baby.

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

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

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

Best for You. Best for Baby.

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

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

Keri posted:

I'm taking my prenatal vitamin every day because it's #Best4YouBest4Baby.
What are you doing? Show it in a selfie!

Kara posted:

Taking in some sunshine and fresh air with my dog not only to get moving, but because it's #Best4YouBest4Baby