

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 ①: Be sure to take 400 micrograms (mcg) of folic acid every day.

Best for You. Best for Baby.

TIP:

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



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



Tip ②: Book a visit with your healthcare provider before stopping or starting any medicine.

Best for You. Best for Baby.

TIP:

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



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




Tip 3: 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 4: 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**.



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Tip 5: 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**.



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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 #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

