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

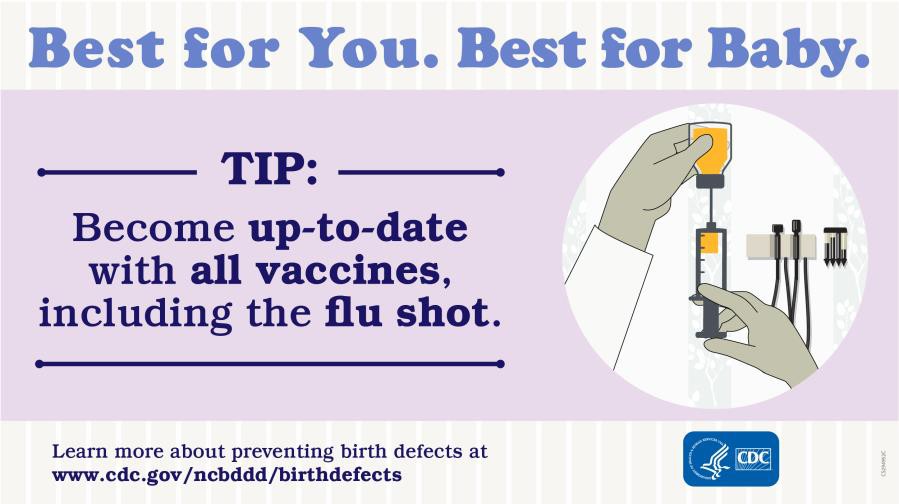
Graphics and animated GIFs, available on CDC website at <https://www.cdc.gov/ncbddd/birthdefects/materials.html>.

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

**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.**



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



**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**

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| --- | --- |
| 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 |