Tip 1: Be sure to take 400 micrograms (mcg) of folic acid every day.
Tip 2: Book a visit with your healthcare provider before stopping or starting any medicine.
Tip 3: Become up-to-date with all vaccines, including the flu shot.

Tip 4: Before you get pregnant, try to reach a healthy weight.
Tip 5: Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

Additional graphics and animated GIFs, available on CDC website at https://www.cdc.gov/ncbddd/birthdefects/materials.html.
**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>Keri 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>