



Tools You Can Use

Graphics Social Media Ideas

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

BEST FOR YOU. BEST FOR BABY.

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

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TIP:
BOOK A VISIT WITH YOUR HEALTHCARE PROVIDER BEFORE STOPPING OR STARTING ANY MEDICATION.



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Tip 3: Become up-to-date with all vaccines, including the flu shot.

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NBDPN



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NBDPN **Best for you. Best for baby.**

Tip 4: Before you get pregnant, try to reach a healthy weight.

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TIP:
BEFORE YOU GET
PREGNANT, TRY TO
MAINTAIN A HEALTHY
WEIGHT.



NBDPN



Before you get pregnant, try to maintain 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.

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TIP:
AVOID HARMFUL
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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

Kerri posted:

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!



Kara posted:

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

