

January

Birth Defects Prevention Month

One in 33 babies is born with a birth defect.
Birth defects can cause serious problems or death.



Take folic acid before getting pregnant.



Talk to your doctor about taking prenatal vitamins and folic acid.



Avoid alcohol. NO amount of alcohol is safe during pregnancy.



Avoid "street" drugs and tobacco or get help to stop.



Talk to your doctor before taking any medications or getting vaccinated.



Keep diabetes under control.



Wash your hands often to help prevent infections.



See your doctor regularly.

