

5 things to do before and during pregnancy that reduce the risk of birth defects

1



Folic acid:

Take 400 micrograms (mcg) every day to help prevent birth defects of the brain and spine.

2



Medication:

Talk to your provider before starting or stopping any medications, especially those for depression or behavioral health conditions.

3



Flu shot & vaccines:

Make sure you are up to date with all vaccines including pertussis, rubella, covid and flu.

4



Healthy weight:

Try to maintain a healthy weight.

5



No alcohol, tobacco or drugs:

Avoid harmful substances.



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Children's**

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