

# January is



## Birth Defects Prevention Month

••• but any month is the month to prevent birth defects.

Take a vitamin with 400 micrograms (mcg) of folic acid every day.

Don't smoke or drink alcohol.

Talk to your doctor about vaccinations (shots).

Wash your hands often with soap and water to prevent infections.

See your health care professional regularly.

Whether or not you are planning a pregnancy, now is the time to prevent birth defects.

Visit [www.cdc.gov/ncbddd](http://www.cdc.gov/ncbddd) to learn more about preventing birth defects.