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 to learn more about preventing birth defects.