

TIPS FOR A HEALTHY PREGNANCY



FOLIC ACID is a B vitamin that can help prevent major birth defects. Take a vitamin with 400 micrograms (mcg) of folic acid every day, before and during pregnancy.



Get PRENATAL CARE early. Screening early during pregnancy for conditions can prevent complications for mom and baby



The best time to QUIT SMOKING is before you get pregnant, but quitting at any time during pregnancy can help your baby get a better start on life.



There is no known safe amount of ALCOHOL USE during pregnancy or while trying to get pregnant. All types of alcohol are equally harmful, including all wines and beer.



By staying current on IMMUNIZATIONS, babies get disease protection from moms during pregnancy. This immunity can protect a baby from some diseases during the first few months of life.



MARIJUANA USE during pregnancy can be harmful to your baby's health. The chemicals in marijuana pass through your system to your baby and can harm your baby's development.

Source: CDC