



## **A MINUTE OF HEALTH WITH CDC**

### *Birthing Healthy Babies*

*National Birth Defects Prevention Month and Folic Acid Awareness Week –  
January 2018*

Recorded: January 9, 2018; posted: January 11, 2018

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Birth defects are common, costly, and critical. If you're pregnant or planning to get pregnant, you can take steps to improve your chances of giving birth to a healthy child.

To reduce infections that can affect the health of the baby, get recommended vaccines during pregnancy, avoid insect bites, and reduce contact with the saliva and urine of young children. In addition, all women of childbearing age should consume 400 micrograms of folic acid daily to help prevent defects of a baby's brain and spine. Talk with your health care provider about medications during pregnancy and any vaccines you may need.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*