

January is
Birth Defects
Prevention
Month

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

take a multi-
vitamin
with folic acid
daily

don't smoke
or drink
alcohol

see your
doctor
regularly

Whether or not you are planning a pregnancy,
now is the time to prevent birth defects.
Visit www.marchofdimas.com and www.cdc.gov/ncbddd
to learn more about preventing birth defects.



Check out the following link for 10 things you need to know about birth defects.

<https://www.cdc.gov/ncbddd/birthdefects/documents/10ThingsFlyerEng.pdf>

Also check out all the Health Tips from PA PTA for the last year by clicking

<http://www.papta.org/Page/923> (note: you will need to login with the info on your membership card)