



Thinking about getting pregnant?

A healthy pregnancy starts with these steps, according to the CDC:

- Take a vitamin with 400 micrograms (mcg) folic acid every day. Read the label.
- Avoid alcohol, tobacco, and street drugs.
- Keep hands clean by washing them often with soap and water to prevent infections.
- See a health care professional regularly. Talk about any medical problems (such as obesity, diabetes, seizures) and medicine use (both prescription and over-the-counter).
- Ask about avoiding any substances at work or at home that might be harmful to a developing baby.
- Eat a healthy, balanced diet.
- Avoid unpasteurized (raw) milk and foods made from it.
- Avoid eating raw or undercooked meat.
- While pregnant, get early prenatal care and go to every appointment.