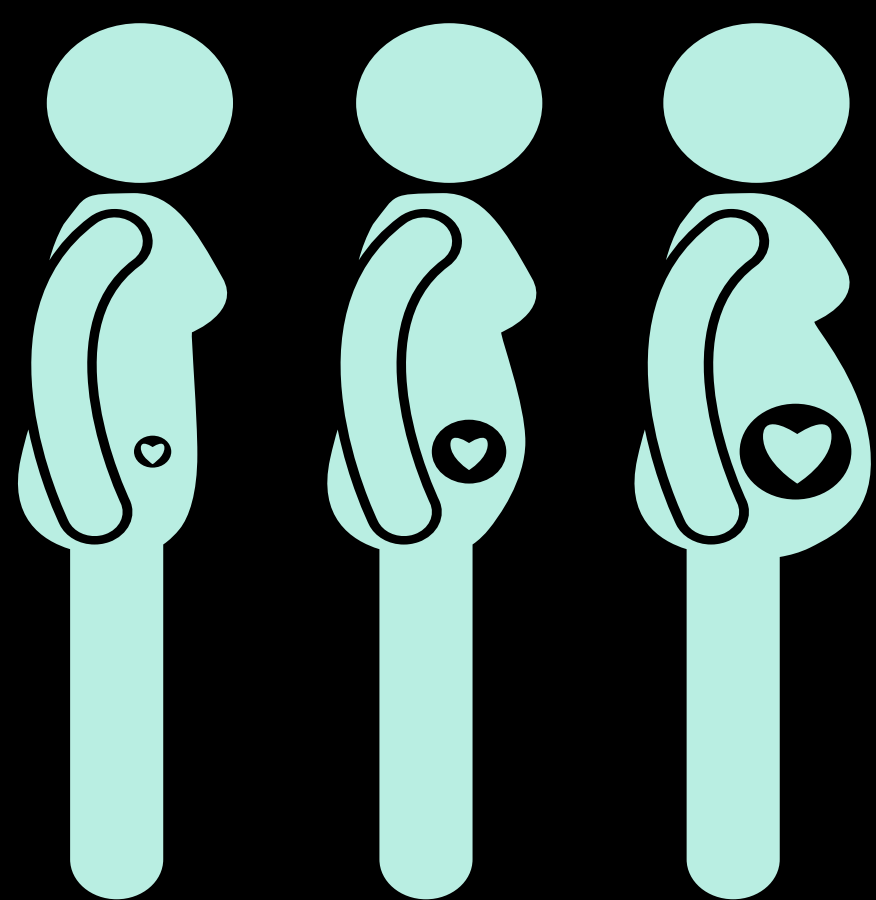


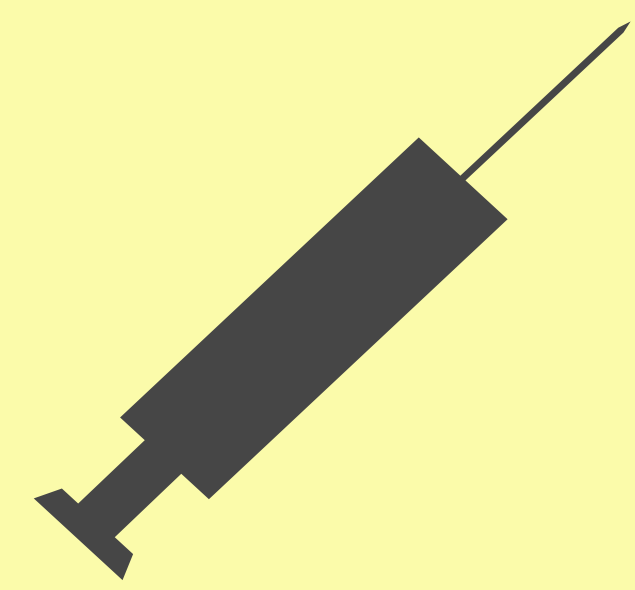
National Birth Defects Prevention Month

Prevent to Protect:
Prevent infections for baby's protection



Not all birth defects can be prevented. But women can increase their chances of having a healthy baby by reducing their risk of getting an infection during pregnancy.

Get Vaccinated



Prevent Insect Bites



Talk to your Doctor



Practice Good Hygiene



Reduce your Risk of infection during pregnancy:

Get Vaccinated

Check with your health care provider to be sure that your **flu** and **whooping cough** vaccinations are up-to date before getting pregnant. Your healthcare provider can also tell you about vaccinations you should receive during pregnancy.

Pregnant women should take steps to reduce their risk of being bitten by a **mosquito**. Mosquitoes can carry several infections, including **West Nile virus**, **Dengue virus**, **malaria**, & **Zika virus**.

Prevent Insect Bites

Talk to your Doctor

Talk to your healthcare provider about **preconception & reproductive health care**. Healthcare providers will tell you what you can do to prevent infections, like **influenza**, **Zika**, & **sexually transmitted diseases**.

Practicing **good hygiene** is one of the simplest steps that women can take to prevent **infections**. Many diseases and conditions are spread by not maintaining good hygiene.

Practice Good Hygiene