

# Thank you



## for making healthy choices to Prevent Birth Defects



### Pre-pregnancy Planning

- Folic Acid supplementation (400 µg/day)
- Regular intake Folic Acid rich food like green leafy vegetables, pulses
- Rubella Vaccination
- Intake of fortified food



### Care during Pregnancy

- Discuss your genetic and family history with your health care team
- Get your regular antenatal checkup at least four times during pregnancy
- Inform your doctor before starting or stopping any medications



### Avoid Harmful Substances: alcohol/ smoking (including passive smoking) at any time during pregnancy

- Maintain healthy lifestyle
- Maintain a healthy weight
- Keep diabetes under control



### Getting Family Support

- Family members to maintain positive environment at home
- Avoid any maternal stress and domestic violence



### Keeping Personal Hygiene

