

Public Health Toolkit **SOCIAL MEDIA**



Winter Birth Defects

POST: A healthy baby starts with a healthy pregnancy. Don't delay in getting the care you and your baby need. www.health.ny.gov/diseases/congenital_malformations/prevent.htm

TWEET: A healthy baby starts with a healthy pregnancy. Don't delay in getting the care you and your baby need.

www.health.ny.gov/diseases/congenital_malformations/prevent.htm

POST: Even if a pregnant woman does everything right during pregnancy, there is still a risk of having a child with a birth defect. The good news is, following healthy habits early and often gives a woman the best chance to have a healthy baby. www.cdc.gov/ncbddd/birthdefects/prevention.html

TWEET: Following healthy habits early and often gives women the best chance to have healthy babies. www.cdc.gov/ncbddd/birthdefects/prevention.html

POST: Call the New York State Growing Up Healthy Hotline (1-800-522-5006) for information about prenatal care, birth weight, nutritional status, and more. This hotline provides information and referral 24 hours/day, seven days a week.

www.health.ny.gov/prevention/prevention_agenda/healthy_mothers/birth_outcomes.htm

TWEET: Growing Up Healthy Hotline (1-800-522-5006) is available for questions you may have about prenatal care, birth weight, nutritional status, & more.

www.health.ny.gov/diseases/congenital_malformations/prevent.htm

POST: Join the thousands of moms who receive free text messages throughout their pregnancy and their baby's first year. Visit Text4Baby (www.text4baby.org/) or text BABY to 511411 to sign up.

TWEET: Sign up for free text messages to keep you and your baby healthy. Visit Text4Baby or text BABY to 511411. www.text4baby.org/

POST: Folic acid is important for your baby. It can help reduce birth defects of the brain and spinal cord by more than 70%. You can even continue taking it after giving birth for future pregnancies.

www.health.ny.gov/publications/1335/

TWEET: DYK? Folic acid can help reduce birth defects of the brain and spinal cord by more than 70%.

www.health.ny.gov/publications/1335/