

Public Health Toolkit **SOCIAL MEDIA**



Winter Birth Defects

POST: Folic acid is a vitamin found in many foods and multivitamin supplements. It's especially important for women who could become pregnant. Folic acid can help prevent birth defects.

<https://www.cdc.gov/ncbddd/folicacid/recommendations.html>

TWEET: #FolicAcid is a vitamin found in many foods and multivitamin supplements. It's especially important for women who could become pregnant. Folic acid can help prevent #BirthDefects.

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POST: All women need folic acid because it works best for you and your baby early in the first month of pregnancy, a time when you may not even know you're pregnant.

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TWEET: All women need folic acid. It works best for you and your baby early in the first month of pregnancy, a time when you may not even know you're pregnant.

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POST: Folic acid can reduce neural tube (NTDs) birth defects, which affect the brain and spinal cord, by more than 70%. Learn how to get more in your diet. <https://www.cdc.gov/ncbddd/folicacid/about.html>

TWEET: #FolicAcid can reduce certain #BirthDefects of the brain and spinal cord by more than 70%. Learn how to get more in your diet. <https://www.cdc.gov/ncbddd/folicacid/about.html>

POST: Folic acid. Why women should start taking it even if they are just thinking about becoming pregnant. <https://www.cdc.gov/preconception/planning.html>

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