

Public Health Toolkit **SOCIAL MEDIA**



WINTER BIRTH DEFECTS PREVENTION

POST: Did you know that most birth defects occur in the first 3 months of pregnancy? Learn what you can do to prevent them.

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

TWEET: Did you know that most #BirthDefects occur in the first 3 months of pregnancy? Helpful information from @HealthNYGov.

https://www.health.ny.gov/diseases/congenital_malformations/causes.htm

POST: There are many different types of birth defects. Get the facts.

https://www.health.ny.gov/diseases/congenital_malformations/descriptions.htm

TWEET: Get the facts about different types of #BirthDefects from @HealthNYGov.

https://www.health.ny.gov/diseases/congenital_malformations/descriptions.htm

POST: Some women have a higher chance of having a child with a birth defect. Learn more about the risk factors.

https://www.health.ny.gov/diseases/congenital_malformations/causes.htm

TWEET: Are you at risk for having a baby with a #BirthDefect? Learn the causes and risks.

https://www.health.ny.gov/diseases/congenital_malformations/causes.htm

POST: Many women take medication to stay healthy, but some medications can cause birth defects. It's important to talk with your doctor before and during pregnancy.

<https://www.cdc.gov/pregnancy/meds/treatingfortwo/index.html>

TWEET: It's important to talk with your doctor before and during pregnancy about medications you take.

<https://www.cdc.gov/pregnancy/meds/treatingfortwo/index.html>

POST: Some infections can cause birth defects and other serious problems for your unborn baby. It's important to take steps to prevent infections before and during pregnancy. <https://www.cdc.gov/pregnancy/infections.html>

TWEET: It's important to take steps to prevent infections before and during pregnancy.

<https://www.cdc.gov/pregnancy/infections.html>