



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily

Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support

Vaccines

Vaccines are shots that can prevent some infections. They can help you stay healthy. Getting all your shots is also important in case you get pregnant. If you get pregnant, infections can be dangerous for you and the baby. They can cause birth defects or illnesses in the baby. Some vaccines need to be given before you get pregnant. Ask your doctor about getting shots to prevent these diseases **now**, so you are prepared in case you get pregnant.

- Measles, mumps, and rubella (MMR)
- Tetanus, diphtheria, and whooping cough (Tdap)
- Chickenpox
- Hepatitis B
- Flu (influenza)

Also talk to your doctor about the Human papillomavirus (HPV) and polio vaccines.

For more information about vaccines, go to:

<http://pregnancyshotsca.org>

or <http://www.cdc.gov/vaccines/>



www.everywomancalifornia.org