National Birth Defects Prevention Month

Prevent to Protect: Prevent infections for baby’s protection

Not all birth defects can be prevented. But women can increase their chances of having a healthy baby by reducing their risk of getting an infection during pregnancy.

Reduce your Risk of infection during pregnancy:

Get Vaccinated
Check with your health care provider to be sure that your flu and whooping cough vaccinations are up-to-date before getting pregnant. Your healthcare provider can also tell you about vaccinations you should receive during pregnancy.

Prevent Insect Bites
Talk to your healthcare provider about preconception & reproductive health care. Healthcare providers will tell you what you can do to prevent infections, like influenza, Zika, & sexually transmitted diseases.

Practice Good Hygiene
Practicing good hygiene is one of the simplest steps that women can take to prevent infections. Many diseases and conditions are spread by not maintaining good hygiene.

Source: National Birth Defects Prevention Network, nbdpn.org
Arizona Birth Defects Monitoring Program
azhealth.gov/birth-defects