

Healthy Pregnancies

There are important choices you can make before and during pregnancy to help you and your developing baby be healthy!



See your healthcare professional regularly



Avoid alcohol, tobacco, marijuana, and other drugs



Stay up to date on your vaccinations, including discussing getting the COVID-19 vaccine with your healthcare provider



Get 400 micrograms of folic acid daily



Strive to maintain a healthy weight



Medical Assistant Partnership
FOR HEALTHY PREGNANCIES AND FAMILIES



Medical Assistant
FASD Practice Improvement Collaborative

COVID-19 Vaccine:

The Centers for Disease Control and Prevention (CDC) and the American College of Obstetricians and Gynecologists (ACOG) note that pregnant people should have access to and may choose to get the COVID-19 vaccine. While research is limited, what experts have seen so far is reassuring.

If you are planning or trying to get pregnant, know that there is currently no evidence that the COVID-19 vaccines cause infertility.

For more information, visit: acog.org/covid-19 or cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html

Alcohol Consumption:

A 2019 CDC study found that about 1 in 9 pregnant people reported drinking alcohol in the past 30 days and about one third of pregnant people who reported consuming alcohol engaged in binge drinking.

Alcohol exposure during pregnancy can be harmful to your developing baby and can result in fetal alcohol spectrum disorders (FASDs). FASDs can include physical, behavioral, and intellectual impacts that may be lifelong. FASDs are preventable if a developing baby is not exposed to alcohol during pregnancy.

If you have consumed alcohol while pregnant, it is never too late to stop. The sooner you stop drinking, the better for both you and your baby. If you are struggling to stop drinking, please consult the SAMHSA treatment locator here: <https://www.findtreatment.gov/>

 fasdmap.org

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