



HEALTHY PREGNANCIES

Health and Wellness

Tip of the Week
Week 1
January 6, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Taking Baby Steps For A Healthy Pregnancy

If you are thinking about having a baby, it's never too soon to prepare your body for a healthy pregnancy. Follow these steps for you and your baby's health:

- Talk to your doctor about your health, including what medications you are taking.
- Make sure your immunizations are up to date.
- Take a B vitamin with 400 mcg of folic acid every day.
- If you drink alcohol or smoke, stop.
- Avoid toxic substances, or things that can cause an infection such as cat or rodent waste.

Talk with your doctor about what is best for you and start planning today.

Source: Centers for Disease Control and Prevention

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us