

## SCDHEC Region 1

Anderson: (864) 260-5541

Greenwood: (864) 942-3600

# Before You Get Pregnant

**For an appointment call:**

**Toll Free**

**1-866-450-2024**



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## Get your body ready for having a healthy baby.

A baby's organs begin to form in the first four weeks of pregnancy, before many women even know they are pregnant.

# D H E C



PROMOTE PROTECT PROSPER

South Carolina Department of Health  
and Environmental Control

## What you can do now:

- Take a multivitamin with 400 micrograms (mcg) of folic acid every day before pregnancy.
- Get a pre-pregnancy checkup, including a dental checkup.
- Eat healthy food, maintain a healthy weight and get fit.
- Talk to your health care provider about your family history, genetics and birth defects.
- Avoid stress.
- Avoid hazardous substances and chemicals.

## Tell your health care provider if you:

- Smoke or are around a lot of secondhand smoke.
- Drink alcohol or use drugs.
- Have had a serious infection or STDs.
- Have a chronic disease such as diabetes or high blood pressure.

