

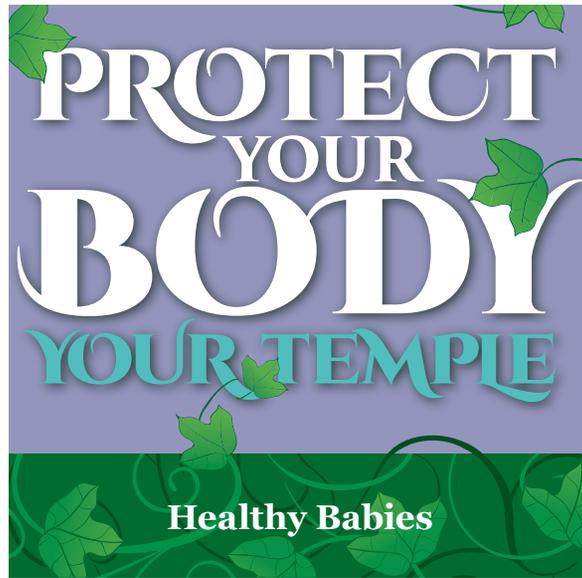
Did You Know?

African-American babies are more likely to be born with low birth weight (less than 5 ½ pounds).

What you do during pregnancy can affect your baby, **DO NOT:**

- Smoke
- Drink alcohol
- Take illegal drugs
- Women of child bearing age should take a multivitamin with 400 mcg of folic acid every day.
- Get early and regular prenatal care.

If you feel something is wrong during pregnancy, seek care. **Do Not Wait!**



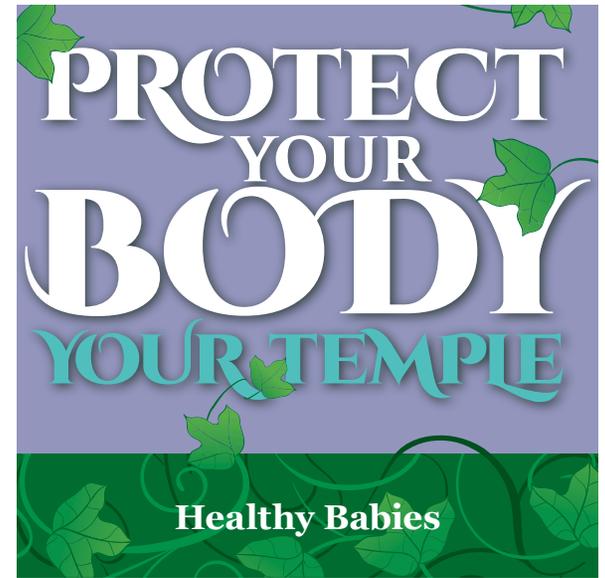
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Protect yourself and your loved ones with knowledge and action.

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