



What Steps Can You Take Toward a Healthy Pregnancy?

Pregnancy is an exciting time, but it can also be stressful. Knowing that you are doing all you can to stay healthy during pregnancy and give your baby a healthy start in life will help you to have peace of mind.

Folic Acid

Folic acid is a B vitamin that can help prevent major birth defects. Take a vitamin with 400 micrograms (mcg) of folic acid every day, before and during pregnancy.

Smoking/Vaping

The best time to quit smoking/vaping is before you get pregnant, but quitting at any time during pregnancy can help your baby get a better start on life. Learn more about the dangers of smoking/vaping and find help to quit.

Alcohol

There is no safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time for alcohol use during pregnancy. **All types of alcohol are equally harmful, including all wines and beer.**

Marijuana

Marijuana use during pregnancy can be harmful to your baby's health. The chemicals in marijuana (in particular tetrahydrocannabinol or THC) pass through your body's system to your baby and can harm your baby's development.

Vaccinations

Did you know a baby gets disease immunity (protection) from mom during pregnancy? This immunity can protect a baby from some diseases during the first few months of life, but immunity decreases over time.

Infections

You won't always know if you have an infection. Sometimes you won't even feel sick. Learn how to help prevent infections that could harm your developing baby.

HIV

If you are pregnant or are thinking about becoming pregnant, get a test for HIV as soon as possible and encourage your partner to get tested as well. If you have HIV and you are pregnant, there is a lot you can do to keep yourself healthy and not give HIV to your baby.

West Nile Virus

Take steps to reduce your risk for West Nile virus and other mosquito-borne infections.

Diabetes

Poor control of diabetes during pregnancy increases the chance for birth defects and other problems for your baby. It can cause serious complications for you, too.

High Blood Pressure

Existing high blood pressure can increase your risk of problems during pregnancy.

Medications

Taking certain medications during pregnancy might cause serious birth defects for your baby. Talk with your doctor or pharmacist about any medications you are taking – including prescription and over-the-counter medications and dietary or herbal supplements.

Depression

Depression is common and treatable. If you think you have depression, seek treatment from your health care provider as soon as possible.

Environmental and Workplace Exposures

There are some common environmental and workplace hazards that could be harmful to pregnant or breastfeeding people, or to household members when carried home on clothes, skin and shoes. Talk with your doctor or your employer about what you are exposed to at work.

Radiation

If you think you might have been exposed to radiation, talk with your doctor.

Helpful Resources

Pregnancy (CDC):

[Learn More About Having a Healthy Pregnancy](#)

The Importance of Prenatal Care:

[NICHD – Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](#)

Improving the Health of All (March of Dimes):

[Explore a Variety of Topics and Resources for Parents and Parents-to-Be](#)

Community Resources (United Way of Buffalo & Erie County):

[Stay Connected to Local Resources and Support](#)

Services for Better Quality of Life (Buffalo Prenatal-Perinatal Network):

[Find Family Support Programs in WNY](#)

Smoking and Vaping Support:

1-800-QUIT-NOW (1-800-784-8669)

[NYS Smokers' Quitline](#) 1-866-NY-QUITS; text "QUITNOW" to 333888

