

# THE 6 STEPS BEFORE PREGNANCY

1



Visit doctor for medical checkup

2



Start Folic Acid 3 months prior to pregnancy

3



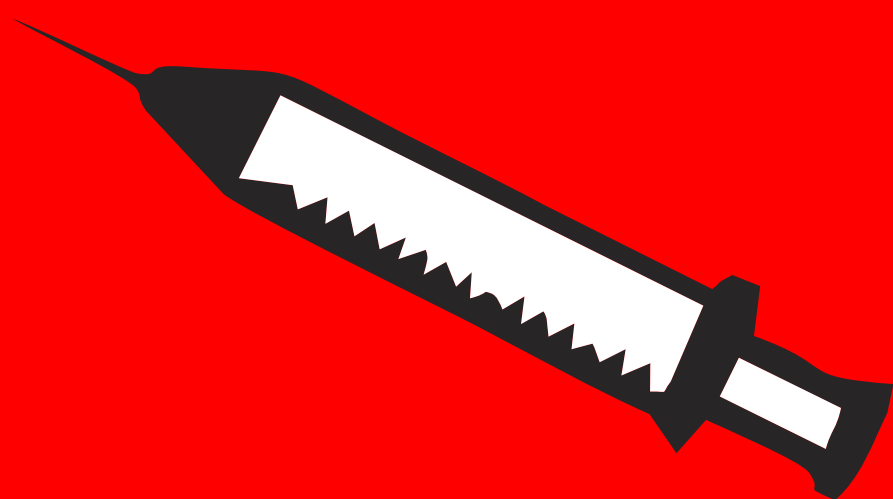
Stop smoking cigarettes or argileh at least 1 month prior to pregnancy

4



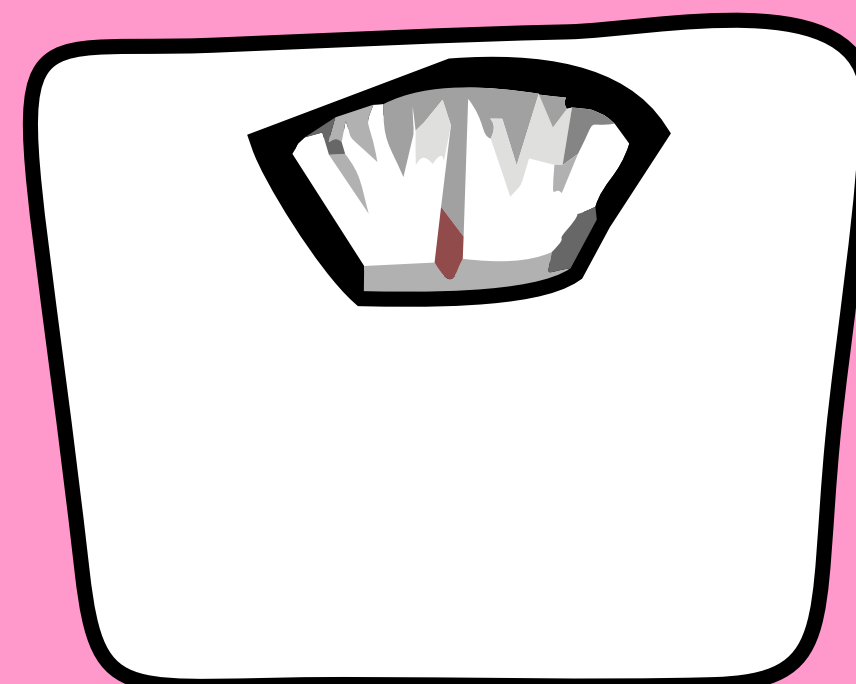
Avoid raw meat, unwashed vegetables and handling cat litter

5



Vaccinate against Rubella and Varicella\*  
\* If not immune

6



Maintain Healthy Weight

