Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media networks. Include it in any posts you create.

Please share this Quick-Guide and tag @UMN_MCH!

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

Hashtag
#Prevent2Protect
#1in33

Instagram
@NBDPN
@MarchofDimes

Twitter
@CDC_NCBDDD
@MarchofDimes
@NBDPN

Facebook
- National Birth Defects Prevention Network

YouTube
National Center on Birth Defects and Developmental Disabilities

National Center of Birth Defects and Developmental Disabilities
Infographics
Fact Sheets
Data & Statistics
Prevention Tips

Sample Tweets/Posts
Birth defects affect #1in33 babies each year! Share how you #Prevent2Protect this month and visit @CDC_NCBDDD for more information!

Thanks to medical advances, people with birth defects are living longer, but they still need help! Recognize them this January!

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